


Canadian Legal Resource Centre Inc.
CALL NOW! Mon-Sat Daytime & Evening Appointments
 403.229.2774 **FREE CONSULTATION**
UNCONTESTED DIVORCES
 Legal Separation Agreements
 Spousal Land Transfers
www.canadianlegal.org
CRIMINAL RECORD?
 Canadian Pardons
 US Travel Waivers
 Fingerprinting
 21+ years experience
 Voted #1 Paralegal
 Why pay more?

The world's largest global newspaper

metro



CALGARY • THURSDAY, JANUARY 14, 2010 metronews.ca



ROBERTSON COLLEGE
 IN A CLASS BY ITSELF SINCE 1911
Careers in under a year.
www.RobertsonCollege.com

How to help

The following is a list of reputable aid organizations currently seeking cash donations for relief efforts in earthquake-ravaged Haiti.

- **Canadian Red Cross:** www.redcross.ca/helpnow, or call toll free 1-800-418-1111, visit any Red Cross office.
- **Humanitarian Coalition** (consists of CARE Canada, Oxfam Canada, Oxfam-Quebec and Save the Children Canada): www.thehumanitariancoalition.ca.
- **Plan Canada:** www.plan-canada.ca
- **Unicef Canada:** www.unicef.ca/portal/SmartDefault.aspx
- **United Jewish Appeal of Greater Toronto:** www.ujadonations.com/haiti or call 416-631-5705.
- **World Vision Canada:** www.worldvision.ca/give-a-gift/Pages/Earthquakein-Haiti.aspx

THE CANADIAN PRESS

News on the Move

What's this barcode for?
 Learn how to scan the barcode with the instructions at the top of pg 3



Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
 • Today — Hudec's Olympic dream is on the line this weekend, page 14



On the web
 Visit metronews.ca for news updates



A woman and her injured baby are seen at a makeshift field hospital yesterday in Port-au-Prince, Haiti. World governments and aid agencies have launched a massive relief operation after a huge earthquake hit the region Tuesday. **More coverage, pages 3, 6, 9 & 11**

Local Haitians on edge

Community nervously awaiting word from loved ones

Haiti Crisis

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Glued to their phones and televisions waiting for any piece of news, members of Calgary's Haitian community are sleep deprived and unsure if their family members are alive.

The first cargo planes with food, water, medical supplies, shelter and sniffer dogs headed to the Western Hemisphere's poorest nation a day after the 7.0-magnitude earthquake flattened much of Port-au-Prince, a city of two million

City-based firm ready to help

- Daniel Clayton, president of Calgary-based Diligence, a firm that helps with emergencies, said the company has two consultants in Houston, Texas, on standby waiting to offer assistance in Haiti.

"We're just not sure yet if we can get in there. We may not know for 12 hours, 24 hours or maybe never be able to go. But we're standing by and ready to go if needed," he said.

Clayton said his group would provide assistance and medical supplies to Canadians and others affected in the disaster-torn region.

Yesterday evening via Twitter, Clayton indicated his team was en route to Haiti.

Prince is destroyed. And there are still other family and friends who haven't been in contact.

"We haven't heard from any of my wife's family. It's hard for us not knowing anything. It's been really, really tough."

Urbain Louissaint, president of the Haiti Association of Calgary, said there are about 2,000 Haitian-Calgarians and while they don't all know each other, the community comes together in disaster.

"People are calling, coming in here, I think everyone just comes together and we try to be strong," he said.

While Larochelle said he finally heard his brother is alive, his home in Port-au-

3 Calgary cops face assault charges

STOPS Assault charges have been laid against three Calgary police officers after an investigation into two separate on-duty incidents.

In one incident on Dec. 14, 2008, two four-year veteran officers, in a marked police unit conducting a traffic stop in the city's southeast, were allegedly involved in a physical altercation with a driver.

The driver, a 50-year-old male, lodged a formal complaint.

The second incident also involved a traffic stop on April 17, 2009, in the north-east. An alleged physical altercation occurred between the officer and a driver — a 73-year-old male — resulting in the Taserung of the driver, police said.

The Edmonton Crown prosecutor's office made recommendations on charges after internal investigations of both incidents.

Deputy Chief Al Redford couldn't provide many further details because the matter is before the courts, but he said officers are often faced with split-second decisions.

"I am totally confident that none of these three officers reported for duty on the material days with the intention of committing a criminal offence," said Redford.

Redford also said the police are working with the Calgary and Edmonton Crown prosecutors to expedite police-complaint investigations in the future.

The officers involved were not named because the incidents occurred while on duty.

WITH FILES FROM
 THE CANADIAN PRESS

DARREN KRAUSE/
 METRO CALGARY

The Healthy Retirement Group Inc.

RRSPs? We can help!

Free iPod Touch with every new RRSP! Limited time offer - only 75 iPods available! Conditions apply. RRSP deadline is March 1st.

This advertisement and information contained within, does not constitute an offer or solicitation to purchase or sell securities. Such an offer can only be made by way of Offering Memorandum. All investments involve some degree of risk. Please consult a financial professional.

Free iPod Touch!

Call Jason @

403-973-7787

RRSPhelp@healthyretirement.ca

Canada's largest GM dealer presents...

LAST CHANCE CLEARANCE

on all remaining 2009 vehicles



THE BEST PRICES PLUS CMP GIVES YOU A GARMIN GPS SYSTEM

09 CHEVY COBALT

C91166



SAVE
\$4,199

NOW \$12,451

16
IN STOCK

09 CHEVY HHR

C90810



SAVE
\$5,515

NOW \$17,665

4
IN STOCK

09 CHEVY AVEO

C91143



SAVE
\$3,472

NOW \$11,623

7
IN STOCK

09 CHEVY MALIBU

C90862



SAVE
\$5,781

NOW \$22,099

8
IN STOCK

09 ESCALADE

C90731



SAVE
\$20,000

NOW \$74,125

2
IN STOCK

09 CHEVY 2500

C90429



SAVE
\$14,000

NOW \$34,887

8
IN STOCK

prices do not include documentation fee of \$399, air tax of \$100 and tire tax of \$20, GST not included, errors and omissions exempt.



403-207-2464
cmpauto.com



CORNER OF 16TH AVE & 36 ST. N.E.

MONDAY - THURSDAY 8AM-9PM

FRIDAY 8AM-6PM

SATURDAY 9AM-6PM

AMVIC LICENSE



Local



Project Hero program at Mount Royal

Mount Royal University will join 37 other post-secondary institutions in the Project Hero program. The scholarship program was created to cover the costs of undergraduate tuition for students who have lost a parent while serving in the Canadian Forces. Project Hero came into effect at Mount Royal on Sept. 1, 2009.

METRO CALGARY



Stelmach rebuilds his team

Front bench sees major position changes in cabinet shuffle

Premier Ed Stelmach is overhauling Alberta's 24-member cabinet in an attempt to turn around his Progressive Conservative government's sagging popularity.

Fiscal hawk Ted Morton moves to finance, where the government has promised to cut \$2 billion from the deficit in next month's budget.

Morton was instrumental in the now defunct Reform Party during its founding years and was once appointed as a policy director.

Former Liberal Gene Zwozdesky has been named health minister, replacing the feisty Ron Liepert, who is going from one trouble spot to another as the new energy minister.

Fred Lindsay was replaced by Frank Oberle as solicitor general; Jack Hayden takes over agriculture from George Groeneveld and Janice Tarchuk will hand over the Department of Children and Youth Services

to Yvonne Fritz.

Edmonton's Thomas Lukaszuk is taking over the Employment Department, while Jonathan Denis, a rookie member from Calgary, gets the housing portfolio.

The premier used a sports analogy yesterday as he described the changes to his front bench.

"Putting together a cabinet is not about extremes," Stelmach told a news conference.

"It's about putting the best athletes in the best positions."

Doug Horner becomes



Morton



Zwozdesky



Liepert



Premier Ed Stelmach talks to reporters at the Alberta legislature yesterday about the shuffling of his cabinet.

deputy premier and remains in advanced education, while Iris Evans moves from finance to intergovernmental relations.

Mel Knight leaves energy to become minister of

Sustainable Resource Development, Hector Goudreau takes municipal affairs, and Ray Danyluk moves to infrastructure.

Len Webber is now minister of Aboriginal Relations.

THE CANADIAN PRESS

Locally run Haitian orphanages OK: Officials

EARTHQUAKE Two Calgary-area run orphanages in Haiti have been evacuated safely with no loss of life, according to local officials who own the facilities in the earthquake-ravaged country.

Calgary Building System owner Ted Hughes runs the Tytoo Gardens Orphanage and said while he is concerned about the de-

Haiti Crisis

struction of the area, he is relieved there was no loss of life at the orphanage, just some structural damage.

"Our team and the kids are safe. We've evacuated but since the lines are still down we don't know

much else except drips and drabs of emails," he said, adding about 25 children live at the orphanage year-round.

Calgarian Jerry Epp, the president of Little Angels Canada, says the 160 kids currently in the orphanage are safe.

Epp says he expects he will have to find room for more children who have

either lost parents or whose parents can no longer afford to feed them following the catastrophe.

Epp says none of the dozen or so volunteers from Canada and the United States working at the orphanage have so far asked to leave.

KRISTA SYLVESTER/METRO CALGARY
WITH FILES FROM
THE CANADIAN PRESS

Following news stories on Twitter...

CalgaryTweets

@dijutaltim I'm not implying anything about the #ableg cabinet shuffle but moving someone doing a bad job to another job doesn't help right?
@midge_1 This is a new cabinet team? This is just changing the seating arrangements Same old, same old. Gotta do better than that, Ed! #ableg
@seismicdeath I guess that Stelmach and his "old" team figure they did nothing wrong. "New" team basically musical chairs version of old! #ableg #yyc #yeg

metronews.ca

What's online today.

Blogs Backbeat takes a final look at the influential artists who left us during the past decade
Video An emotional Gov. Gen. Michaëlle Jean's message to her Haitian

"brothers and sisters" at metro news.ca/canada



Lotteries

Lotto 6/49: 26, 28, 30, 39, 40 & 48. Bonus 27
 These results are not official.

ADVERTISE TODAY!
 1 888 91 metro (63876)

m.metronews.ca



Scan this barcode for more Local news on your smartphone. Learn how to scan the barcode with the instructions at the top of this page.



CalgaryObits.com

notes the following deaths in our community:

BADHAM, Pearl Yvonne
 BALLEM, John Bishop O.C., LL.D.
 BLACK, Sheldon Bradley
 BOBENIC, Cody John
 BRAMLEY, Leslie
 CAPPIE, Kenneth Martin
 CLARKE, Harris Millard
 CONWAY, Vincent Gerard (Jerry)
 DAVIS, John Edward
 DENISCHUK, Christine Elizabeth
 EDMISTON, Amelia Adah
 GARVEY, John Owen
 HAASEN, Elly
 HAYWARD, Eloise Irene (nee Dryden)
 HERVEY, Elizabeth
 HORN, David R., Ph.D.
 JOHNSTON, Charlotte (nee Nelson)
 LANGER, Andreas Johannes
 MAHER, Naida Anne
 MICHALOWSKI, Anna (Jaremczuk)
 NELSON, Mildred
 NOBLE, Spencer Thomas
 PORCU, Giovanni Michelle (Mike)
 RANISZEWSKI, Andrzej
 SHARMA, Chatendra Nath
 TAYLOR, Alfred Frederick Birch
 TWARDOWSKI, Czeslaw Boleslaw 'Czes'
 WAKELAM, Elsie
 WAY, James Lawrence

For full obituaries go to
 CalgaryObits.com



Get Started Today,

\$20.10 in 2010

Experience Your Best!

www.worldhealth.ca | 310-TRIM

9 convenient locations in Calgary! Also 10 great clubs in Edmonton!



Police are investigating an alleged home invasion robbery in the 200 block of Macewan Glen NW. When they arrived they found a male with lacerations to his face and head and bruising on chest and legs. The man was transported to hospital. **METRO NEWS SERVICES**

NEED SOME WATERCOOLER TALK?

Visit metronews.ca to watch *metrotube* of the day



Come celebrate the spirit of sport and culture.

Olympic Torch Relay Celebration
January 18 at Olympic Plaza beginning at 5 p.m. Olympic Flame arrives at 7 p.m.

Enjoy many free, family-friendly events from Jan. 16 - 20.

calgary.ca/recreation | call 3-1-1

Support our athletes and experience the Olympic Spirit first-hand.

calgary.ca/recreation | call 3-1-1

THE CITY OF CALGARY



Mayor Dave Bronconnier is hoping Calgarians will log on to monopolyvote.ca to cast their ballot to lift Calgary into the same Monopoly stratosphere as the famed Boardwalk.

Getting in the game

Calgary may have some hot properties fit for Monopoly's prime locations — but it's sure tough to find any free parking.

Still, Calgarians have the opportunity to vote the city into the same real estate hot spot as Boardwalk and Park Place, and Mr. Monopoly-clad Mayor Dave Bronconnier is encouraging citizens to hit the on-line site to drive Calgary's bid to be on Hasbro's new

Monopoly Canada game board.

Bronconnier, who opts for the race-car piece when he plays the game, says Calgary's standing as a national leader should make it a prime candidate to be printed on the spot traditionally held by Boardwalk. "In international and national surveys, Calgary has been named the city with the highest quality of life potential, safest city


and cleanest city," he said.

"Now's our chance to snap up the prime real estate on one of the most popular games in the world."

Twenty-two cities will be selected of the 65 for which voters can cast their ballot — and the city with the most votes will be placed on Boardwalk.

Go to www.monopolyvote.ca to vote.

DARREN KRAUSE/METRO CALGARY



Open Doors with a Bachelor's Degree from UCAN

If you dream big, there's no better opportunity than a bachelor's degree from **University Canada West**. With our concentrated academic year, students are able to finish their degree in as little as two years! Full-time, part-time, on-campus or online — UCAN's delivery options are as flexible as you need them to be.

Learn from industry-experienced professors and study in small classes, giving you a strong foundation for success.

MBA program also available.

UNIVERSITY CANADA WEST

1.800.380.7361
classes.ucan.ca

World Class Education Within Reach



Exploring your post-secondary options?

Include AU too.

AU student Sarah in Calgary, Alberta, Canada

Make your academic future more flexible with Athabasca University.

- At Athabasca University, our large selection of courses and programs can be a big plus to your academic career. So be sure to keep us in mind like Sarah did. Sarah is attending university full-time in Calgary, Alberta. But in order to maximize her schedule, she needed to take some courses that weren't available during the times she wanted. The solution? Sarah is taking some AU courses and will transfer the credits over towards her degree.
- AU offers over 700 courses and 90 undergraduate and graduate degree, diploma and certificate programs to select from. If you're 16 or older, and are eager to learn, you can study at AU.
- Academic choice. Another reason why AU stands out as a global leader in distance learning excellence.

standout www.athabascau.ca/standout
1-800-788-9041

Athabasca University

“Prepaid should have the same accessibility as contract...” - anon

**Prepaid. Postpaid.
Funny how we love
all paying customers
equally.**



**You wanted better prepaid plans. So ours are just like postpaid.
Same price. Same features. Same phones. WINDmobile.ca**



Georges Anglade, a Montreal university professor for 30 years, and his wife, Mireille, have been confirmed dead in the earthquake that struck Port-au-Prince, Haiti. The other victim was Elmira, Ont., nurse Yvonne Martin, who arrived in Haiti's capital on Tuesday afternoon, about 90 minutes before the earthquake hit. **THE CANADIAN PRESS**

Canada



Jean thankful for Canadian response

Haitian-born Gov. Gen. Michaëlle Jean, left, offered an emotional thank-you to Canada yesterday for moving so quickly to help her earthquake-ravaged homeland. A teary Jean, who came to Canada with her parents as an 11-year-old, said the devastation is heart-breaking for Haitian Canadians. She described the damage as being like an "atomic bomb" going off. She called for solidarity with the people of Haiti and urged them to be courageous. **THE CANADIAN PRESS**

Obesity a national crisis: Expert

HEALTH Canadians of all ages have become substantially fatter and less fit over the last two decades, the first comprehensive attempt to measure the fitness of the nation since 1981 has revealed.

The Canadian Health Measures Survey found that nearly two-thirds of adults are overweight or obese and a quarter of children share that boat with them. A prominent Canadian obesity researcher said the figures point to a country in crisis.

"Well, if you look at those numbers I'd be very surprised to see what actually qualifies as a national crisis if this does not," said Dr. Arya Sharma, chair of obesity studies at the University of Alberta.

Another researcher who focuses on the distribution of fat on the body and its impact on health was struck by the sharp increase in rates of Canadians who are carrying belly fat. Carrying fat around the middle is much more damaging for one's health than excess weight at the hips and buttocks.

THE CANADIAN PRESS

Canada mobilizes to help Haiti

Search and rescue a priority for aid teams heading to quake zone

Haiti Crisis

Canada is rushing to ease the chaos in earthquake-battered Haiti, sending helicopters, ships and a disaster response team to rescue those buried in the rubble and help thousands of homeless wandering without food, water or medical help.

But the sheer magnitude of the devastation from Tuesday's 7.0 magnitude quake — which wiped out much of the impoverished country's communications infrastructure — left the exact nature and extent of Canada's role vague until a clearer picture emerges of what's needed most.

The lack of communications also frustrated efforts to determine the fate of up to 6,000 Canadians living in Haiti, including two missing RCMP officers and former Liberal MP Serge Marcell. Three Canadian casualties have been confirmed to far.

Prime Minister Stephen Harper said search and rescue is the first priority for



Radio host Yvon Chery keeps Montreal's large Haitian community informed about the earthquake as daily host at CPAM, the Haitian community radio station in Montreal yesterday.

Canadian military and aid teams.

"Obviously, the first priority is to try and get those people who may be still alive and can be saved," he said.

Canada is committing an immediate \$5 million in humanitarian assistance and promises speedy deployment of aid. A C-130 military transport plane ar-

rived in Haiti yesterday with a reconnaissance team that will assess what military personnel and equipment is needed.

A huge C-17 military transport plane is scheduled to fly to Haiti today carrying a utility helicopter and tons of equipment and personnel.

The transport planes can be used to evacuate

Canadians if necessary, said Defence Minister Peter MacKay.

Naval officials said two ships, HMCS Athabaskan and HMCS Halifax, are being prepared to leave today for Haiti. They will carry everything from a helicopter to chainsaws, generators and first-aid kits.

THE CANADIAN PRESS

Canada and Haiti

Canada has one of the world's largest Haitian diasporas. Some facts about the Haitian-Canadian community:

- 102,430 people in Canada listed their ethnic origin as Haitian in the 2006 census.
- Almost 90 per cent of Haitian-Canadians — or 91,435 — live in Quebec.
- Ontario was home to 9,095 Haitians, with 2,150 living in the metropolitan Toronto area, according to the 2006 census.
- British Columbia had 795 Haitian-born residents living in the province, followed closely by Alberta with 760.
- Prominent Haitian-Canadians include: Gov. Gen. Michaëlle Jean; current world light-heavyweight boxing champion Jean Pascal; Olympic gold-medal sprinter Bruny Surin; hockey player Georges Laraque, NBA basketball player Samuel Dalembert; Canada's first elected black mayor, Firmin Monestime of Mattawa, Ont.

"I'm from Alberta and I chose Maxwell College of Advanced Technology's Dental Hygiene Program..."

...due to the unique opportunity for an immediate start date and smaller classroom sizes. The course is only 18 months long which allows me to enter into the workforce sooner."

Lori Browne, current student

Discover the **BIG BENEFITS** of our **SMALL COLLEGE**:

- **Individual attention** in our **small class settings** contributes to strong academic achievement
- **18-month program**, enter the workforce sooner
- Practical experience in our **On-site Dental Clinic**
- **Develop the skills and confidence** to succeed in a rewarding career in dental hygiene
- Belleville offers **all the amenities of a larger city**, along with the **activities of a waterfront community**



Ask about our **Relocation Support & Scholarship Opportunities!**

M MAXWELL COLLEGE
of Advanced Technology
A rewarding career...free with diploma!

270 Front Street, Belleville Ontario

For more information visit www.maxwellcollege.com
or call **Admissions at 1-866-391-1129 ext. 242** today!

NEXT DENTAL HYGIENE PROGRAM STARTS FEBRUARY 1, 2010

Red Cross has run out of supplies

HAITI A spokesman for the American Red Cross says the aid organization has run out of medical supplies in Haiti.

Red Cross spokesman Eric Porterfield said yesterday that the small amount of medical equipment and medical supplies that were available in Haiti has been distributed.

The Red Cross is sending more medical supplies to Haiti, but he does not know when they will arrive.

Porterfield says he doesn't know if the lack of supplies is preventing victims in critical condition from being treated.

THE ASSOCIATED PRESS

m.metronews.ca



With phone service cut off, social media provided a critical link to Haiti in quake's aftermath. Scan this code for the full story.

Sensitive land to be preserved in Nova Scotia

A large swath of ecologically sensitive land in southwestern Nova Scotia will be preserved by the Nature Conservancy of Canada under a \$4.5-million land purchase from J.D. Irving Ltd. **THE CANADIAN PRESS**

canada 7

Games refugee claims to be low: Experts

VANCOUVER

2010 Games

Before Daniel Igali famously earned Canada wrestling glory by winning its first Olympic gold in the sport,

he was a young Nigerian athlete grappling for a superior position in life.

After competing at the 1994 Commonwealth Games in Victoria, B.C., the 20-year-old made a bold move. He skipped his

team's flight back to his politically unstable homeland and asked Canada for asylum.

Immigration experts and advocates aren't predicting a major surge in claims connected with the Vancouver

Games. In fact, they say in contrast to Summer Olympics, the risks are fairly low.

"People who practise winter sports are usually from the northern hemisphere (nations), they're

very low for potential refugee claimants," said Patrice Brunet, a Montreal-based specialist in immigration law. But Brunet didn't rule out the notion that some claims would be made. **THE CANADIAN PRESS**

News in brief

PONZI SCHEME The lawyer for financial adviser Weizhen Tang — who's accused of orchestrating a Ponzi scheme that defrauded investors of tens of millions of dollars — says his client has told him he is returning to Toronto from China today. **THE CANADIAN PRESS**



RBC Royal Bank®



This isn't the time to get just any mortgage.
It's time to get the right one.

BEST RATE OFFERS***RBC Homeline Plan®**

5 Year Variable Rate Closed ¹	2.25%
Line of Credit ²	2.75%

Now is the time to consult an RBC® Mortgage Specialist. RBC advice can help you take advantage of current interest rates, through an RBC Homeline Plan: a flexible mortgage that's part fixed — for peace-of-mind — and part variable — so you can benefit from today's low rates. And we can recommend one of the best priced lines of credit available in the market today. To take advantage of our advice, and our rates, talk to an RBC Mortgage Specialist today. Visit a branch or rbc.com/mortgageadvice



CREATE
A FUTURE WITH PEACE OF MIND

Proud Presenting Partner of the Vancouver 2010 Olympic Torch Relay.

©2009, VANOC. All Rights Reserved. Personal lending products and residential mortgages are offered by Royal Bank of Canada and are subject to standard lending criteria. Some conditions apply. * Rates shown are Royal Bank of Canada's best rates based on current promotions offered to the general public. Offer may be changed, withdrawn or extended at any time without notice. Not available in combination with any other rate discounts, offers or promotions. 1 Interest rate for the variable rate closed mortgage is our prime rate. The interest rate will change as our prime rate changes. **APR 2.29%**. The Annual Percentage Rate (APR) is based on a \$100,000 mortgage for the term indicated and assumes certain cost of borrowing charges (for example, appraisal charges). If there are no cost of borrowing charges, APR and annual interest rate will be the same. 2. Interest rate for the line of credit is based upon Royal Bank of Canada's prime rate, plus 0.5%. Prime rate as of October 19, 2009 is 2.25% and will change as our prime rate changes and without notice. ©Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. TM1 Trademark of Royal Bank of Canada.

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

The friendship fade

Relating

Sofi Papamarko

metronews.ca/papamarko

One of the best things about being a bona fide grown-up is the ability to choose our friends.

In high school, friendship tended to be a situational thing. If you were into sports, you played field hockey and generally stuck with the jocks. If you were a burnout, you'd hang out with other kids who wore Pink Floyd T-shirts and bummed cigarettes off each other by the bus shelter. If you were bookish and unpopular, you joined the student newspaper to meet like-

minded nerds, played trumpet in the school band and whittled away many a lunch hour reading plays in the library (slowly raises hand). In high school, the people pool was so small that our friends were essentially selected for us.

University changed things. Suddenly, nerds were cool, up was down and the playing field was level and there were thousands of diverse and interesting people happily willing to be your friend. Some of them had even heard of Pavement!

Adulthood broadens the friendship base even more. You meet people at work, at social events and through other friends.

Of course, it takes effort to maintain a friendship, and once you reach a satisfactory level of friendship saturation, it's time to stop watering the weeds.

There are two ways to end a friendship. There's the ever-popular "friendship fade" where you just drift

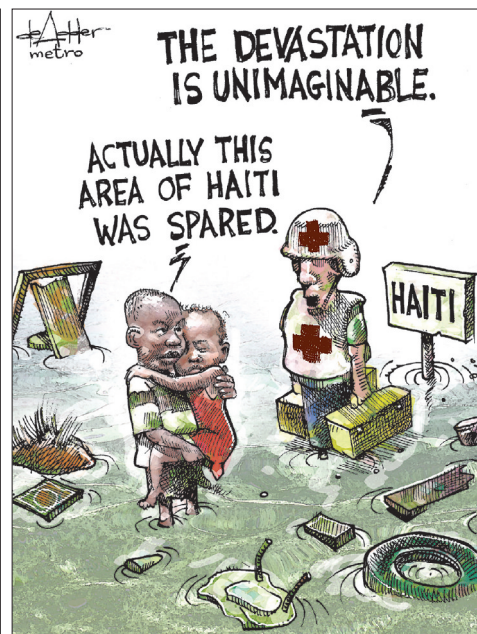
apart and lose touch, sometimes for no particular reason. Some friendships just reach their logical conclusion. You're hanging out with different people. You don't have anything in common anymore. Your priorities have shifted. Often, both friends realize this simultaneously and slacken the rope.

There is also the "friend

divorce" — a far more dramatic end to a friendship. The end can come in an argument, a vicious phone call or a curt email, quick and violent. I have had two messy friend divorces in my lifetime. After the guilt faded, I felt freer and happier and was better able to focus on the friendships that I most value.

Initiating friendship divorce proceedings does not make you a bad person. And it certainly does not mean that your soon-to-be-divorced friend is a bad person. But if you find yourself spending time with someone who is toxic to your well-being and the time that you spend together exhausts more than it buoys, it's probably an act of kindness to you both to cut them loose.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.



MICHAEL DI ADORNI

Letters

Miep Gies was a special person to many

Re: Miep Gies — a story of courage (Jan. 13)

I read Paul Sullivan's article on Miep Gies — it was moving. I remember learning about her in Grade 7 history and every once and awhile I do catch myself thinking about her. However, it had been some time since she'd crossed my mind. When I saw the article's title in Metro I felt a pain in my chest — it felt as though I'd lost a very old friend.

As I went on reading, the

pain swelled, but became something else — I felt an odd sort of pride over knowing how special this woman was. The article touched me so greatly that when an old man came and stood next to me on the subway train, I had the urge to lean over, show him the article, and ask, "Did you hear about Miep?"

Your words about Miep nearly brought this young reader to tears and I'd like to thank you for that — nothing else I've read in so long has ever come so close.

DANA BARYCKVI, TORONTO

Views

Changing attitudes about disabilities

Speaking Out

Wendy Cukier

Like many, I thought I knew "the facts" about disability — almost two million people in Ontario have a disability and the number will grow over the next 20 years as the population ages.

And I was aware of the legal obligations of employers and principles of inclusion. But it was only recently, during a speech by Ontario Lt.-Gov. David Onley that I suddenly saw the implications.

He was one of the first visibly disabled people on Toronto television when Moses Znaimer, the pioneering founder of Citytv,

put him on air more than 20 years ago. My "aha" moment came when he noted that people with disabilities comprise 15.5 per cent of Ontario's population, but when their immediate family members are taken into account — mothers, fathers, brothers, sisters and spouses — the figure jumps to almost 55 per cent.

In other words, people with disabilities and their families are actually the majority of consumers, the majority of workers. I suddenly realized the 2005 Accessibility for Ontarians with Disabilities Act, which addresses both the visible and invisible disabilities, is not about "them," but about all of "us."

Onley also noted that at the height of the recession, "massive" unemployment was at 27 per cent.

Among disabled Ontario workers it is more than 57 per cent. Indeed, the 2009 Federal Disability Report shows that while employment among working-age Canadians with disabilities rose four percentage points from 2001-06, the wage gap is still immense, with many living below the poverty level.

Ontario was the first jurisdiction in Canada to develop, implement and enforce mandatory accessibility standards in both the private and public sectors.

Organizations are currently scrambling to implement the customer service standards and the province is developing standards for built structures, for employment, for information and communications, and for public transportation.

Onley reminded us of the barriers that stop people

with disabilities from doing the kinds of things most of us take for granted. While some disabilities are visible, many are not.

Attitudes to "invisible" disabilities — mental health issues in particular — are a huge impediment to people even identifying their challenges or need for support. The law is without question an important tool — prodding employers and public institutions to undertake changes within a set timetable.

But changing attitudes is also fundamental. By encouraging us to "see" in a different way, Onley is pushing the envelope. Inclusive environments mean more than curb cuts and automatic doors.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.

Worth mentioning

Y chromosome evolving: Study

Women may think of men as primitive, but new research indicates the Y chromosome — what makes a man male — is evolving far faster than the rest of the human genetic code.

A new study comparing the Y chromosomes from humans and chimpanzees, our nearest living relatives, show they are about 30 per cent different. That is far greater than the two per cent difference between

the rest of the human genetic code and that of the chimp's, according to a study appearing online in the journal Nature.

"The Y chromosome appears to be the most rapidly evolving of the human chromosomes," said study co-author Dr. David Page, director of the prestigious Whitehead Institute and a professor of biology at Massachusetts Institute of Technology. **THE ASSOCIATED PRESS**

Tell us your views by email to calgaryletters@metronews.ca or comment on metronews.ca or on Twitter @metrocalgary

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Archbishop killed in earthquake

Monsignor Joseph Serge Miot, the archbishop of Port-au-Prince, has been killed in the Haiti earthquake. He was 63. **THE ASSOCIATED PRESS**

9

World



Traffic crashes Wyclef's quake relief site

Musician Wyclef Jean is one of Haiti's most famous sons and his tweeting about the earthquake there has been a galvanizing force on the web. Several of the most popular topics on Twitter referred to a tweet from the singer urging people to send a text to the charity, Yele, to donate toward relief. The number is 501501. Hundreds were passing his message on by the minute. The Yele website was inundated with donations and crashed under the traffic.

THE ASSOCIATED PRESS

International community steps up

Haiti Crisis

Sniffer dogs, high-energy biscuits and tons of emergency medical aid were heading to Haiti yesterday as world governments and aid groups launched a massive relief effort for the estimated 3 million people reeling from a devastating earthquake.

Aid officials in the impoverished Caribbean nation worked to clear rubble from roads, build makeshift hospitals and remove bodies from the rubble despite transportation problems and broken phone lines.

Wintry weather in Europe added to the challenge, with snow temporarily delaying a British aid flight with 64 firefighters and rescue dogs at Gatwick



Injured people sit along the side of Delmas road in yesterday in Haiti.

airport.

"We'll be using whatever roads are passable to get aid to Port-au-Prince and, if pos-

sible, we'll bring helicopters in," said Emilia Casella, a spokeswoman for the UN food agency. Its 200 staff in

Haiti were trying to deliver high-energy biscuits and other supplies, despite looting and the threat of vio-

Visit metronews.ca for the latest developments in Haiti



lence in a nation long plagued by lawlessness.

Humanitarian officials said the proximity of the quake's epicentre, only 15 kilometres from Port-au-Prince's sprawling slums and hilltop villas, as well as Haiti's crumbling infrastructure, meant it was difficult to estimate how many people might be dead or injured. The World Health Organization said it has sent specialists to help clear the city of corpses and prevent the spread of disease, and the Red Cross was sending a plane today loaded mainly with body bags.

THE ASSOCIATED PRESS

News in brief

HAITI The tiny bodies of children lay next to the ruins of their collapsed school. Survivors wandered the streets, their stunned faces covered by dust and blood. Frantic doctors wrapped bleeding heads and stitched up sliced limbs. The poorest country in the Western Hemisphere, still struggling to recover from four catastrophic storms in 2008, was a picture of devastation yesterday after a magnitude-7 earthquake. The quake left a landscape of collapsed buildings — hospitals, schools, churches, even the gleaming national palace. **THE ASSOCIATED PRESS**

m.metronews.ca



At husband's trial, Princess Caroline explains the difference between assault and 'symbolic' reproach. Scan this code for the full story.



A.S. lost 84 lbs. in 6 months.

WHAT DO YOU HAVE TO LOSE?

Lose up to 40 lbs. in 2 months FREE!

Yes, you can.

Enter at metronews.ca/DrB4Free

You could win 1 of 5 prizes of 2 FREE months on the Dr. Bernstein diet. Our patients can safely lose up to 20 lbs. every month without appetite suppressants, exercise or surgery. Make your New Year's resolution a success with weight loss that's guaranteed! Yes, you can.

1.888.DR.B.DIET Dr. BERNSTEIN
DrBDiet.com Diet & Health Clinics



metro

*Minimum weight loss of 10 lbs. per month is guaranteed. Compliance with our program is required.

FORCE FATE

Visit www.niketraining.ca
www.sears.ca/forcefate



\$70 Each Nike® Force Fate zip-up hoodies



\$25 Each Nike Force Fate T-shirts



\$22 Each Nike Force Fate toques

While quantities last. www.sears.ca

Sears

NE012G210 © 2010. Sears Canada Inc.

10 world

Crucial battle looms for U.S.

Offensive planned in Afghanistan

The U.S. military is openly telegraphing a plan to clear out an insurgent haven in what may be the first major battle since President Barack Obama's expansion of the Afghanistan war, hoping that all but the most hardcore Taliban will sit out the fight.

U.S. military leaders have spoken bluntly in recent weeks about a looming assault on Marjah, a town in the southwest Afghan province of Helmand described as Taliban-owned and operated.

"It's been increasingly clear for weeks now about the need to clear out Marjah, so that's going to happen," Joint Chiefs of Staff chairman Adm. Mike Mullen told reporters travelling with him in Afghanistan in December.

"It's going to happen ... at a time and place of our choosing, but it's going to happen."

The battle would be a

Strategic target

- Marjah, a small town in a farming district some 610 kilometres southwest of Kabul, is a strategic target because it is a key supply hub for the opium poppy crop and shelters Taliban units thought to have fled the Marines elsewhere in Helmand.

keystone in an offensive planned for early this year against a resurgent Taliban-led insurgency. The Obama administration approved the offensive, and an infusion of 30,000 additional U.S. forces, as a way to put the brakes on the Taliban's expansion across southern Afghanistan.

U.S. officials say there is only a narrow path to victory, but that a forceful stand in Helmand and Kandahar provinces will establish U.S. resolve to stick it out. Both sides are girding for a fight.

THE ASSOCIATED PRESS

Israel apologizes to Turkey over insult to ambassador

TENSION Israel yesterday caved in to demands from Turkey and apologized over an insult to its ambassador, a government statement said, an attempt to defuse the latest crisis between the two nations.

On Monday, Israel's deputy foreign minister, Danny Ayalon, summoned the Turkish ambassador to complain about a TV show.

The ambassador was forced to sit on a low sofa without a handshake, while Ayalon explained to local TV stations that the humiliation was intentional.

Outraged, Turkey threat-

ened to recall the ambassador.

Late yesterday, Israeli Prime Minister Benjamin Netanyahu's office said a letter of apology has been written, and the premier "hopes this will end the affair."

"We have received the answer that we had been waiting for," Turkish PM

Recep Tayyip Erdogan

Israeli officials said the letter was delivered to Turkish officials in Ankara.

Turkish Prime Minister Recep Tayyip Erdoğan

accepted the apology.

"We have received the answer that we had been waiting for," he said.

The text of letter to the ambassador was released later yesterday by Ayalon's office.

THE ASSOCIATED PRESS

News in brief

RUSSIAN ROULETTE A man charged in the shooting death of a friend during a night of drug-fuelled sex play and Russian roulette has been convicted of manslaughter in a U.S. court. Defendant Bruce Lavalley-Davidson, a 50-year-old Maine farmer, told police

the shooting of Fred Wilson in April 2009 was an accident. But jurors convicted him yesterday, agreeing with prosecutors that the actions were reckless or negligent. Manslaughter carries a penalty of up to 30 years in prison.

THE ASSOCIATED PRESS

Clinton cuts trip short over Haitian tragedy

U.S. Secretary of State Hillary Rodham Clinton says she is cutting short an extended trip to Asia to deal with the earthquake crisis in Haiti. **THE ASSOCIATED PRESS**

world 11

UN says mission chief among missing in Haiti

Haiti Crisis

The United Nations said yesterday that 16 UN personnel were killed when an earthquake decimated Haiti's capital and 100 to 150 workers were still unaccounted for, including the mission chief.

UN officials said 56 others were injured. Seven who were seriously hurt were evacuated from the

"The number of (UN) fatalities at the end of the day will be much higher."

UN peacekeeping chief Alain Le Roy

country, they said.

Secretary-General Ban Ki-moon announced late yesterday that 11 Brazilian peacekeepers and five international police officers were killed in the quake. Earlier, UN peacekeeping chief Alain Le Roy said a Haitian civilian working for the UN peacekeeping

mission in the country also died.

"The figure we are giving to you is only the confirmed fatalities," Le Roy said.

"But of course, the number of (UN) fatalities at the end will be much higher — it's obvious."

THE ASSOCIATED PRESS



Debris lays in the street after Tuesday's earthquake in Port-au-Prince, Haiti.

Media pours into Haiti on short notice

MEDIA Television news divisions raced to get into Haiti to report on the devastation wrought by a powerful earthquake, a journey made more difficult by the story they were trying to cover.

Those first to arrive described scenes of horror frightening in scope. Even some of the journalists arriving a day after the earthquake indicated yesterday that they had not yet seen any full-scale rescue and relief effort.

"It's an eerie scene," said CNN's Anderson Cooper, who left in the midst of a newscast Tuesday for an overnight flight to the Caribbean. "Many people (are) just sort of standing

Chaos at airport

• A runway at the Haitian capital's airport was fine, but the control tower was severely damaged. That prevented Fox News's Steve Harrigan from landing. CNN's Anderson Cooper said he made sure his helicopter was brought down after narrowly missing a small plane in midair.

around on the street, not sure of what to do or where to go. And for many, there is nowhere to go."

CNN's Sanjay Gupta nabbed Haitian President René Préal for an impromptu interview at the

airport, where Préal was looking for a place to work. He said both his presidential palace and home were so damaged that he did not know where he was going to spend the night.

In a telephone interview yesterday, Cooper said that he saw corpses on the sidewalk on virtually every block he walked. The body of one little girl had only her face covered by a piece of cardboard.

There are frequent aftershocks, each one prompting screams from people, he said.

"To people that are here, this feels like it's still going on," a weary Cooper said.

THE ASSOCIATED PRESS

Robertson: Haiti is 'cursed' because of 'pact with devil'

HAITI U.S. evangelical broadcaster Pat Robertson says Haiti has been "cursed" because of what he called a "pact with the devil" in its history.

His spokesman said comments yesterday were based on Voodoo rituals carried out before a slave rebellion against French colonists in 1791.

Spokesman Chris Roslan says Robertson never stated that Tuesday's earthquake was God's wrath.

He says Robertson's Operation Blessing group is sending millions of dollars in medication and relief workers to the country.

Robertson has angered opponents many times before with comments on

current events and criticism of other faiths.

He once said American agents should assassinate Venezuelan President Hugo Chavez and said former Israeli Prime Minister Ariel Sharon's stroke was divine retribution for withdrawing from the Gaza Strip.

THE ASSOCIATED PRESS

HAPPY NEW YEAR!

Comwave will Beat ALL Competitors Rates... GUARANTEED!
(EVEN if you are paying less)

CUBA 85 c/min	INDIA 2.9 c/min	PAKISTAN 5.9 c/min	PHILIPPINES 11.9 c/min
-------------------------	---------------------------	------------------------------	----------------------------------

Afghanistan.....24.9 ¢	Kuwait.....6.9 ¢	Honduras.....15.9 ¢
Bangladesh.....3.9 ¢	Lebanon.....9.9 ¢	Iraq.....4.9 ¢
Barbados.....9.9 ¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile.....2.9 ¢	Nepal.....7.9 ¢	Italy.....2.9 ¢
China.....2.9 ¢	Oman.....14.9 ¢	Russia.....2.9 ¢
Ecuador.....12.9 ¢	Fiji.....24.9 ¢	Saudi Arabia.....3.9 ¢
El Salvador.....9.9 ¢	Ghana.....9.9 ¢	South Korea.....2.9 ¢
Jamaica.....8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....11.9 ¢
Jordan.....3.9 ¢	Guatemala.....10.9 ¢	Trinidad.....4.9 ¢
Kenya.....6.9 ¢	Guyana.....27.9 ¢	U.A.E.....16.9 ¢

If the Country you call is not listed, call now and we'll beat the rate you are currently paying.

USE YOUR CELL PHONE!

Make Long Distance calls to Anywhere in the World from your Cell Phone at Comwave's **GUARANTEED** Lowest Rates

- ✓ No need to cancel your service provider.
- ✓ \$10 Free Long Distance for every friend you refer
- ✓ No Contracts



Limited Time Offer!
UNLIMITED
Calling to
Anywhere in
CANADA

\$5
/month



403-451-5801
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services. Round-trip service plan or prepaid calling cards due to their non-voice calling criteria. 2¢/min per minute includes a monthly plan of \$10/month for 30 minutes. Unlisted numbers, do not call over to the following numbers. Rate Guarantee is based on competitors' lowest advertised rates for like services. Plan is based on a 1 yr term where early cancellation fees apply. There is a 30 day satisfaction period where you may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Nunavut or NWT. The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paulo. Calls to Chechnya Mobile Phones may be billed at a higher rate.

A senior administration official says U.S. President Barack Obama is ready to announce an administration plan to recover Wall Street bailout shortfalls with a bank fee on America's biggest financial firms. **THE ASSOCIATED PRESS**

Career Finder



HAVE FUN MAKING MONEY AS AN ACTOR OR MOVIE EXTRA ON CALGARY FILMS?

CONTACT CELIA (403)-521-0077

Appy New Year!

Don't have an iPhone or iPod touch? No problem, visit m.metronews.ca for news on the move.



Service Directory

To advertise contact Blaine Schlechter at 403-444-0136

FINANCIAL

\$500\$ loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660
www.moneyprovider.com

NEED MONEY?
No credit checks
Fast approvals
499-5629
And get cash now!!
www.mynextpay.com

HEALTH & WELLNESS

LOSE WEIGHT NOW!
FIND OUT HOW...
GET YOUR FREE DIET SAMPLE PACK TODAY!
<http://Sunday.greatshapetoday.com>
CALL NYA
403-542-7256

TAKE A VIDEO BREAK
Visit metronews.ca to watch **metrotube** of the day
The video everyone's talking about.

PSYCHICS

STAPHA —AFRICAN PSYCHIC
Reuniting Loved Ones • Stopping Divorce
Removing Bad Spirits • Success in Business
Healing Protection
RESULTS GUARANTEED
403-802-0367

Appy New Year!
Available on the App Store

RENOWNED SPIRITUAL HEALER
SOLVE YOUR PROBLEMS
RETURN OF LOVED ONE
BUSINESS SUCCESS
REMOVE BAD SPIRITS
STOP DIVORCE
100% RESULTS IN 1 WEEK
CALL MADIA
403-475-2589
OR **403-305-2129**

Mystic Eye Spiritual Readings
47 YEARS EXPERIENCE
100% Guaranteed Results
• Palm • Tarot • Crystal Ball • Energy Readings •
PH: (403) 228-2258
By Appointment Only
Solve all Problems of Life
Come in today for a better tomorrow

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Google talks pullout

Threat to China a rare display of defiance

Google's threat to pull out of China over censorship is a rare display of defiance in a system where foreign companies have long accepted intrusive controls to gain access to a huge and growing market.

Dismayed by the prospect of a China without Google, visitors left flowers at its Beijing headquarters yesterday as websites buzzed with words of support and appeals to stay.

"I felt it's a pity and hope it will not withdraw from the Chinese market," said a man who left flowers at the building in the high-tech Haidian district and would give only his surname, Chang. "Google played a key role in the growth of our generation.

Criticism

Web companies have endured criticism for co-operating with a communist system that tightly controls information. Google Inc., Yahoo Inc., Microsoft Corp. and others have acceded to pressure to block access to politically sensitive material.

The control (of the Internet) is excessive."

In industries from automaking to fast food, companies have been forced to allow communist authorities to influence — and sometimes dictate — their choice of local partners, where to operate and what products to sell.

"The Internet is like media, and the media are un-

der tight government control, so that poses additional challenges for foreign Internet companies compared with, say, manufacturers of TV sets, mobile phones or autos," said Edward Yu, president of Analysys International, an Internet research firm in Beijing.

Google's decision to talk publicly was rare in a system where Chinese officials react angrily to criticism. Officials have regulatory discretion and companies avoid saying anything that might prompt retaliation.

China's foreign ministry and Ministry of Industry and Information Technology did not respond to requests for comment.

THE ASSOCIATED PRESS

Feds fire back at U.S. Steel comments

CHALLENGE The federal government says an ongoing court challenge of Canada's main law governing foreign investments is based on false assumptions.

Government lawyer Jeffrey Johnston told a Federal Court in Toronto that the Investment Canada Act is not quasi-criminal in nature, despite claims to the contrary from U.S. Steel.

Johnston says the Investment Canada Act has none of the hallmarks of a criminal proceeding. No one is arrested for violating it, there is no finding of guilt or innocence and violators won't have a criminal record.

U.S. Steel is being sued by Industry Canada for allegedly breaking employment and production promises it made when it took over the former Stelco.

The company has countered by saying the punishments permitted by the act — a fine of \$10,000 per day or divestiture of its Canadian assets — have the severity of a criminal law without any of the protections.

THE CANADIAN PRESS



SCHOOL OF HEALTH AND PUBLIC SAFETY BE SOMEONE WHO SAVES LIVES

In today's job market, health care has exciting and rewarding career opportunities. SAIT Polytechnic's School of Health and Public Safety is offering specialized training in health and wellness technologies.

SAIT is now accepting applications for these Fall 2010 programs:

- Medical Laboratory Assistant
- Pharmacy Technician - Retail
- Rehabilitation Therapy Assistant
- Sterile Processing Technician

FURTHER YOUR PASSION



START YOUR CAREER
IN HEALTH CARE TODAY
APPLY NOW AT SAIT.CA

In brief

DEFICIT The federal government will face a big structural deficit in the coming years that can only be overcome by taking dramatic action, Canada's parliamentary budget officer said yesterday.

THE CANADIAN PRESS

COURTS A U.S. federal appeals court in New York has revived a lawsuit that accuses major record labels controlling 80 per cent of U.S. digital music sales of scheming to charge high prices. The lawsuit brought by music purchasers had been tossed out by a lower court judge.

THE ASSOCIATED PRESS

m.metronews.ca



SCAN LIFE
The U.S. is recovery spreading, but why aren't jobs being created?
Scan this code for the full story.

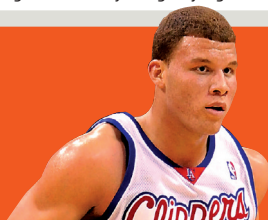
CFL won't punish Tillman

CFL commissioner Mark Cohon says the league will take no additional disciplinary action against Eric Tillman in the wake of the former Saskatchewan GM's guilty plea on a charge of sexual assault. Tillman was given an absolute discharge last week by a Regina judge. **THE CANADIAN PRESS**

13

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Top NBA pick out for season

The Los Angeles Clippers say Blake Griffin will have surgery on his broken left kneecap, ending the No. 1 draft pick's season before it even began. An examination Tuesday revealed his recovery wasn't progressing properly, the Clippers announced yesterday in a statement. Griffin hasn't played yet for the Clippers after injuring his kneecap in their final pre-season game Oct. 23. **THE ASSOCIATED PRESS**

Crosby, Pens hand Flames loss

NHL RESULTS

Penguins 3 Flames 1



Sidney Crosby scored his 30th goal of the season and Marc-Andre Fleury made 37 saves last night as the Pittsburgh Penguins kicked off their three-game trip through Western Canada with a 3-1 victory over the Calgary Flames.

In his fifth NHL season, it was just the second appearance at the Pengrowth Saddledome for Crosby, who didn't take long to show off for the sell-out crowd.

Bursting down the right wing, Crosby cut to the

middle splitting the defence duo of Jay Bouwmeester and Mark Giordano, then cut across the face off the net firing the puck behind Miikka Kiprusoff at 3:52 of the first period.

Crosby has scored in four straight games, piling up six goals during that span. He ranks second in the league in goals, one back of San Jose's Patrick Marleau (31).

Bill Guerin scored the eventual winner in the second period, putting the Penguins ahead 2-1.

Fleury was especially sharp in the third period as Calgary outshot the visitors 16-5. Less than a minute in, Fleury turned aside Nigel Dawes on a breakaway.

THE CANADIAN PRESS



Pittsburgh Penguin Sidney Crosby breaks away from Calgary Flame Mark Giordano during first period action last night at the Pengrowth Saddledome. The Penguins won 3-1.

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Minnesota 5 Vancouver 2
Washington 5 Florida 4 (SO)
Pittsburgh 3 CALGARY 1
Anaheim 4 Boston 3

TODAY'S GAME

Philadelphia at Toronto, 5 p.m.
Ottawa at N.Y. Rangers, 5 p.m.
Buffalo at Atlanta, 5:30 p.m.
Dallas at Montreal, 5:30 p.m.
Florida at Tampa Bay, 5:30 p.m.
Carolina at Detroit, 5:30 p.m.
Minnesota at St. Louis, 6 p.m.
Columbus at Chicago, 6:30 p.m.
New Jersey at Phoenix, 7 p.m.
Pittsburgh at Edmonton, 7:30 p.m.
Anaheim at Los Angeles, 8:30 p.m.
Boston at San Jose, 8:30 p.m.

NBA

YESTERDAY'S RESULTS

Atlanta 94 Washington 82
Boston 111 New Jersey 87
Indiana 122 Phoenix 114
New York 93 Philadelphia 92
New Orleans 108 L.A. Clippers 94
San Antonio 109 Oklahoma City 108 (OT)
L.A. Lakers 100 Dallas 95
Denver 135 Orlando 97
Houston 120 Minnesota 114 (3OT)
Milwaukee at Portland
Miami at Golden State

NFL PLAYOFFS

SATURDAY'S GAMES

AFC - Arizona at New Orleans, 2:30 p.m.
AFC - Baltimore at Indianapolis, 6:15 p.m.

SUNDAY'S GAMES

NFC - Dallas at Minnesota, 11 a.m.
AFC - N.Y. Jets at San Diego, 2:40 p.m.

m.metronews.ca



Not enough news about bar fights and cats in your Twitter feed? UFC has some tweeps for you to follow. Scan this code for the full story.

Sports in brief

BASEBALL Expanded instant replay is on the agenda for the first meeting of Major League Baseball's newly formed committee of managers and long-time executives today.

TENNIS Canadian Aleksandra Wozniak is out of the Hobart International tennis tournament. The sixth seed from Blainville, Que., was upset 7-5, 6-2 by Belgian qualifier Kirsten Flipkens yesterday.

SOCCER Liverpool's troubled season took another turn for the worse when it was eliminated from the FA Cup after second-tier Reading triumphed 2-1 in their third-round replay yesterday. Liverpool are seventh in the Premier League and already out of the Champions League.

METRO NEWS SERVICES

Young duo adds to PGA's Canadian contingent

GOLF A pair of Canadian golfers are about to embark on the journey of a lifetime.

Chris Baryla and Graham DeLaet will officially start their first season as PGA Tour members at this week's Sony Open in Honolulu.

The 27-year-olds first met one another during their college days and took vastly different paths to the world's top golf tour. Now that they're both PGA Tour rookies, they'll be sharing some experiences together.

"I think it's nice for both of us that we're out at the same time," DeLaet said yesterday. "We've known

each other for quite a while. I'm sure we'll be spending a lot of time together this year."

Baryla, who was born in Calgary, first started dreaming of a career in professional golf as a teenager growing up in Vernon, B.C. After at-

tending college and qualifying for the U.S. Open while still an amateur, he truly began thinking it was a possibility.

The belief came slightly later for DeLaet, who spent the past three summers as a regular on the Canadian Tour.

"You always have the dream, but until after my first year on the Canadian Tour I didn't know if

it was actually a legitimate goal," said DeLaet, a native of Weyburn, Sask.

Baryla essentially earned his tour card with a Nationwide Tour victory in October while DeLaet locked up his spot at Q-school in early December.

The pair join Mike Weir and Stephen Ames to make it four Canadians on tour in 2010.

Baryla is quick to note that other Canucks like Jon Mills, David Hearn and Jim Rutledge have earned a tour card in recent years, only to lose it. It seems the only thing harder than getting a permanent spot on the PGA Tour is keeping one.

THE CANADIAN PRESS



Chris Baryla

Apartment Finder

To advertise contact Warren Smith at 403-539-4948

realstar management IT'S YOUR HOME - WHY LIVE ANYWHERE ELSE?

Calgary Place Apartments

1 & 2 Bedrooms
Gym and Games Room
Downtown Property
Utilities Included

1-877-570-7025

Royal View Apartments

Beltline Area
1 & 2 Bedrooms
Gym and Sundeck
Close to 17th Avenue

1-877-572-1835

Glenmore Heights

1 & 2 Bedrooms
Gym, Social Room and Library
Close to Chinook
Utilities Included

1-877-617-9803

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Chan moving on without coach

SKATING There was something missing yesterday as Patrick Chan took to the practice ice at the John Labatt Centre.

The 19-year-old Chan competes for the first time without coach Don Laws behind the boards at this week's Canadian figure skating championships. Laws announced he was quitting as the Canadian star's coach last week, just a month out from the Vancouver Olympics in a move Chan said he never saw coming.

"Of course it was a surprise, but surprises are what keeps life exciting, I guess, right?" Chan said after his practice session.

"I'm still going to move on. I'm not, like, devastated — you can only move on."



Patrick Chan

Chan goes into the championships, which also determine Canada's Olympic team, as the two-time defending champion, but he's coming off his share of struggles, including a torn calf muscle that set him back several weeks in the fall.

Then came Laws' unexpected departure last week. The 80-year-old coach said he was resigning because he was based in Florida, and Chan had been spending most of his time training in Colorado Springs, with technical specialist Christy Krall.

THE CANADIAN PRESS

Make or break time

Hudec's Olympic hopes may hinge on performance this week

Jan Hudec's dream is a top-12 finish in Saturday's World Cup downhill race in Wengen, Switzerland, a result that would guarantee him a spot on the Canadian Olympic ski team.

Realistically, Hudec just hopes he skis well enough to prove to the coaching staff he still deserves to compete next month in Whistler, B.C.

The Calgary resident underwent his fifth knee surgery last winter and has spent this season trying to regain his form.

He needs one more top 12 finish to meet Alpine Canada's criteria for an Olympic team berth but could also be a coach's discretionary pick if he



Jan Hudec competes in the Audi FIS Alpine Ski World Cup Men's SuperG on Nov. 29, 2009 in Lake Louise, Alta. Hudec can guarantee an Olympic spot with a top-12 finish in a World Cup race Saturday.

doesn't meet the standard.

"It's my last chance before the Olympics to really get my old self back and show I can ski as fast as these other guys," a subdued Hudec said in a tele-

phone interview from the team hotel.

"I know I can, (but) it's one thing saying it and another thing to actually do it."

"Trying to find that confi-

dence, to push it when it gets scary or bumpy or whatever, that for me is what this race is all about. I feel like it's one of my last chances to do that."

THE CANADIAN PRESS

EMERGENCY – CHILDREN IN CRISIS

Earthquake leaves Haiti in ruins

The largest earthquake in the last 100 years hit Haiti this week. UNICEF field staff are on the ground and desperately need **the resources to help save the tens of thousands of children who are injured, thirsty, and separated from their families.**

UNICEF is deploying necessary supplies to Jacmel and Port-au-Prince as quickly as possible to assist with recovery efforts including clean water and sanitation, therapeutic foods, medical supplies and temporary shelter.

Your support is urgently needed to help with this emergency situation.

If we do not act now, thousands may be at risk of further suffering and disease.



Please send your donation today.

I want to help the children who are at risk.

Here is my gift of: ☐ \$50 ☐ \$100 ☐ \$200 ☐ \$1000 or \$

☐ Cheque, made payable to UNICEF Canada: Haiti Earthquake

☐ Visa ☐ MasterCard ☐ American Express

Credit Card No. _____ Expiry _____

Name _____ Signature _____

Address _____

City _____ Prov. _____ Postal Code _____

Telephone () _____ Email Address _____

Charitable registration No. 122 680572 RR0001 10EM2-D

Call 1-877-955-3111

www.unicef.ca/disaster

UNICEF Canada, 2200 Yonge Street,
Suite 1100, Toronto, ON M4S 2C6

unicef 

Money-saving tip

The venue and food can be the largest drain on your budget. An option is to go to a vacation destination for a private ceremony with close family and friends. When you return, have a cocktail and hors d'oeuvres party to celebrate. **NEWS CANADA**

15

Wedding Planner

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Gowns get dramatic

LEYLA EMORY
for Metro Canada

This year promises to be a fun one for the wedding dress. It's playing with colourful accents, lacy layers, changing lengths — and it's doing it on a budget.

"Black accents are not Goth anymore," says Lori Pannia, editor in chief at the TheRingBearer.ca. "This theme was all over the runway; whether it be a sash in the hair, a belt around the waist or even simple details on the dress, all designers used some sort of drama with black accents."

Red is also getting in on the fun. "Look for bright red dresses embellished with large satin sashes and bows, or red dresses with black piping and details," says Lisa Lewis, co-founder



This silk organza Laurel gown in ivory by Adele Wechsler can be worn with a dropped yoke skirt, left, or as a short cocktail dress.



of Live It Up Events.

Texture is a big one this year. "Look for floral prints and intricate lace details, which make the dresses appear soft and touchable," says Pannia. Layers

are coming in the form of a bolero to cover the shoulders, or just more fabric to fill out the dress: "Chiffon, tulle, organza, or even feathers — layers of fabric are the newest major detail designers are playing with," says Lewis.

And with layering comes functionality. "There was a movement towards wanting to wear short for the wedding but feeling torn about missing the experience and drama of the wedding gown," explains Adele Wechsler. Her latest collection uses layers to transform a dress. "They are pieces where you wear a short dress over a long skirt that together look seamless. (A bride) could come to the reception and be kind of sassy and sexy in a short dress. Or just simply be able to use it again. It fits in with the philosophy of the eco bride who wants to be able to reuse and re-wear and not simply have this dress that

Texture is big this year, as seen in this gown by Reem Acra.

THE ASSOCIATED PRESS

she could only wear once."

Aside from flaunting legs, gowns are also revealing more skin on backs. "Backs were open and low cut," says Pannia. "The looks are sexy but designed to be classy. Keep an eye out for key-hole cutouts and jewels adorning the back."

Finally, budgets are being considered. While her collection offers saving in the form of two dresses in one, Wechsler has also come up with a more affordable line. "With the economy being what it is, another important consideration for me with this collection was that I wanted to be able to offer a couture gown for under \$2,000."

Meet the experts

Wedding planning season is here and Calgary brides-to-be need to know the what, when and where of upcoming bridal shows. So, here they are:

• **Bridal Fantasy** runs Sunday at the Telus Convention Centre (120 9 Avenue S.E.). Doors open at 10:30 a.m., and the fashion show starts at 12:30 p.m. Afternoon events begin at 1:30 p.m. with a 3 p.m. fashion show. There will be more than \$100,000 in prizes, including a seven-day honeymoon to Barbados.

You can get tickets (\$20) at bridalfantasy.com.

• The BMO Centre in Stampede Park houses **The Wedding Fair** from 9:30 a.m. to 5:30 p.m. on Jan. 24.

Bridal Group of Companies show producer, Kathie James, suggests attendees spend about three hours to see the 220 exhibitors and either the 11 a.m., 2 p.m. or 4 p.m. fashion show.

"Every year we're seeing more of the men come out," says James, adding the fair has a Groom's Room with La-Z-Boy chairs and big-screen TVs. Three, one-week honeymoons are also up for grabs.

Tickets are \$18 each at theweddingfair.ca or at the door (cash only).

• **Welcome Wagon's Bridal Showcase** is an affordable (read: free) option. The Calgary Showcase is on Sunday, March 7 at 2 p.m. at the Executive Royal Inn and Conference Centre (2828 23 St. N.E.). Call 1-866-627-6070 or go to welcomewagon.ca to register.

— MICHELLE LINDSTROM



Black — as seen here in the Arabella gown, left, and the Rhapsody gown by Jenny Packham — was all over the runway at the Spring and Summer 2010 bridal fashion shows.



M.D.X. FOOTWEAR MARLBOROUGH MALL 403.272.2162

"AN INTERNATIONAL LOOK WITHOUT THE INTERNATIONAL PRICE"

SAVE \$20

OFF YOUR NEXT PURCHASE OF \$100 OR MORE AT MANDEEZ XCLUSIF OR MDX FOOTWEAR

* OFFER VALID FOR ONE TIME USE
SEE IN-STORE FOR DETAILS

MDX FOOTWEAR // MANDEEZ XCLUSIF
MARLBOROUGH MALL
#1464 515 Marlborough Way N.E.

MANDEEZ XCLUSIF

"AN INTERNATIONAL LOOK WITHOUT THE INTERNATIONAL PRICE"

MARLBOROUGH MALL - 403.272.2126

Do you really need a brand new cake knife or vases for the flowers? Instead, borrow items from family or friends, or rent what you need. **NEWS CANADA**

Wedding Planner

Plan to save, experts say

LEYLA EMORY
for Metro Canada

Looking for the best way to get the most bang for your buck out of your wedding? Make planning it part of the fun.

"It should be more than one fabulous day," says Lisa Lewis, co-founder of Live It Up Events.

"The planning process can be pretty amazing as well."

But before you even set a date, examine your budget says Lewis. "The earlier you start, the longer you have to save and spread out your payments."

She suggests saving for at least a year-and-a-half to two years for those trying to keep costs down. "Once you have your wedding budget, calculate how much you could reasonably save on a month-to-month basis. Then push the big day back far

"The earlier you start, the longer you have to save and spread out your payments."

Lisa Lewis

enough so that you can give yourself enough time to pay for it."

Now hit the fair. With Christmas and New Year's being the biggest time for engagements, it's no coincidence that wedding shows start popping up in January.

But in all the excitement, don't forget to plan the wedding. "The shows are phenomenal for ideas and information," says Lewis, "but I do suggest hiring a planner, a competent, certified planner — someone who will get to know you and your partner, who can take the stress from you, look after you, bring you ideas and



Once you're engaged, experts suggest setting a wedding budget.

guide you in the right direction."

Walking into a wedding show with a planner doubles one's effort in finding what they need, experts say.

This includes savings. "Everybody thinks that they're going to save money by not hiring a planner," says Lewis, "but in fact, your planner can actually save you a lot of money."

She stresses the importance of not making rash decisions. "Recognize that what worked for your friend, cousin, sister, et cetera may not necessarily work for you."

A planner can offer alternatives to the norm. "Your wedding doesn't always have to follow the classic format," she says. "You can create something wonderful without diving deeply into debt."

Ways to unleash your creativity

EVA LAM
for Metro Canada

For the budget-conscious couple, a do-it-yourself wedding is not only a way to save, but also a perfect opportunity to unleash your creativity.

We asked Genève McNally, principal planner at Vancouver's DreamGroup Productions Inc., and Liz Bourguignon, wedding and events director at Bridal Solutions Impact Marketing & Event Solutions in Ottawa, for some tips on making your big day a DIY affair.

• Invitations: Art stores and dollar shops sell scrapbook paper, ribbons, stick-on rhinestones and other items you can use to make personalized invites. McNally suggests getting several friends together and making it a fun girls' night activity. If you're short on time, some graphic designers, such as Tammy Lyon of Uniquity Invitations, offer affordable PDF templates you can customize, download online and print at home.

• Centrepieces: McNally's favourite DIY centrepiece look involves placing pillar candles of varying heights on a mirror, with gemstones and flower petals scattered around them. Another idea: Fill up glass vases with rocks, shells and ocean glass.

• Favours: "Try to do a favour that somehow is connected to you or important to you," suggests Bourguignon. She recalls a Chinese wedding where the couple put personalized messages inside fortune cookies. For green-themed weddings, consider home-grown potted plants.

• Music: In lieu of a DJ, couples can use their own MP3 player and hook it up to a rented or borrowed speaker system, say McNally.

• Leave it to the pros: Unless you're a florist, Bourguignon advises against making your own bouquets. "It's such a big part of your wedding day and it's involved with so many of your pictures," she says. Both wedding experts agree that photography is another area where you should hire a professional.

SAY "I DO" TO LINGERIE

BRA SIZE 30 - 46 BAND | AA - J CUP

Do you know up to 80% of women are wearing the wrong size bra?

Present this ad and receive 10% off regular merchandise (MAX DISCOUNT \$20)



INTIMATELY YOURS

MAIN LEVEL BANKERS HALL | 403.265.5471

Eyelash extensions hot trend for brides

JANINE FALCON
for Metro Canada

For some brides-to-be, a long, lush, dark fringe of lashes means dispensing with mascara on their wedding day and not having to wear eye makeup at all while enjoying their honeymoon. All it takes to get them is a couple of hours and between \$75 and \$300.



Eyelash extensions are becoming more and more popular for women with short and fine lashes.

"They give you the look of naturally defined eyes without the use of mascara," says Olena Kovalchuk, makeup artist and eyelash extension technician at Kirsch Cosmetic Studio. "Extensions make lashes look longer and a little thicker."

The process involves having synthetic clusters or singles glued onto clean,

natural lashes to deliver a longer, thicker, more dramatic effect. More common are single-lash extensions, in which one synthetic lash is glued onto a single natural lash (without touching the lid); the finish tends to be more realistic.

Extension alternatives

For women with sparse lashes, extensions may not be a solution.

A temporary strip of falsies is better for achieving a significant overall volume boost. **Shu Uemura's Farfallina Lashes** (\$36, Holt Renfrew) offer a glamorous flourish. **MAC LASH #31** (\$15.50, maccosmetics.com) or **Revlon's Fantasy Lengths #99500** (\$7.99, at Walmart and Zellers) offer more realistic results.

Makeup artist Sylvie Mazerolle (sylviemazerolle.ca) prefers to use flirty lash clusters for a soft, feathery look. "I'm the naturalist when it comes to bridal," she says. "Bridal makeup should enhance your natural beauty — you should look like a princess, not a drama queen."

For women who would rather stick with mascara, **L'Oréal Paris Double Extend Beauty Tubes** (\$14.95 at drugstores) has a primer on one end and colour on the other for a dramatic increase in length. Fragile lashes may have a hero in **Cargo LashActivator** (\$35 at Murale and Sephora), a mascara-like treatment that can be used in the months before the big day. It contains a blend of nourishing marine and botanical extracts to boost growth and reduce lash loss.

Hehiyla
Bridal

102. 617-11AVE SW

T 403. 263.5899



Win your gown.
Visit store for more details.



Port O' Call Hotel
Now booking 2010 & 2011 Weddings!

Book before March 1st, 2010 and bring in this ad to see how you can receive a complimentary Wine and Cheese Reception for up to 50 guests

Contact our Catering Department today!

403.291.4600 • bwpooca@telusplanet.net

5-year fixed mortgage rates
PROVIDED BY RATESUPERMARKET.CA

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
5.49%	5.49%	5.49%	5.85%	3.99%	5.49%	5.49%	5.49%	3.74%

Rates may vary by province; check RateSupermarket.ca for the best rates in your area.

RateSupermarket.ca

Canada's rate comparison website



17

Metro Homes



Hockey decor

Pay homage to Canada's official winter sport with the Hockey Hall of Fame wall clock, featuring HHOF's four-colour logo. HHOF Store, \$39.95, cyberstore.hhof.com.

JENNIFER BILL/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

5-year variable mortgage rates
PROVIDED BY RATESUPERMARKET.CA

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
2.25%	2.25%	2.25%	3.50%	2.15%	2.25%	2.25%	2.25%	2.00%



Relinquish your cuddles for some visual appreciation, with these Stuffed Animal House wall hangings. Black bear (11x11x11) \$39.99; moose (22x18x12) \$49.99. Royal Ontario Museum Store, rom.on.ca.

Homes in
Style

Made in Canada

JENNIFER BILL
for Metro Canada

A new decade generates the urge to renew, refresh and redecorate.

With the 2010 Vancouver Winter Olympics coming up, why not wear your Canadian pride on your sleeve — or better yet, show it off in your home.

"We're paying a lot more attention to Canadian design as a look," says Meg Crossley, senior editor of Canadian House & Home magazine. "Quilts and big rustic wooden bowls that give warmth and look natural is a good way to get Canadiana into your decor. We definitely see a lot of birch ... Get fallen-down birch branches and stick them in the corner of a room, or in a vase to give a rustic look."

Create a contrast in your home by treating a room to a kitschy Canuck feel. Place a warm made-in-Canada wood furniture piece among deer and moose knickknacks to mimic the feel of a cottage. Add more true patriot land by mixing in an intriguing Inukshuk statue or colorful dream catcher to elicit a Native ambience.

But Crossley, small-town Ontario born and raised, warns against going Canuck crazy: "You don't want to go so over the top so it looks like a theme park."



This Canadian Moose is just as cute but perhaps not as cuddly as a stuffed animal. Once the snow clears, give this hand-painted moose a new home in your garden. Canadian Tire, \$59.99, canadiantire.ca.



This 10" replica of the Stanley Cup is made of nickel-coated ABS plastic. Each cup features a pewter disk with an NHL team logo and the year the team won the cup. Hockey Hall of Fame Store, \$49.95, cyberstore.hhof.com.

Stand a traditional totem pole in your living room, or at least a mini reproduction. Made of black crushed marble, the Beaver — the symbol of a carver and a builder — is on top of a raven with a frog in its mouth (5.5", top), \$22.99. Or try Black Bear (4.5", second from top), \$12.99, Raven (7.5" third from top), \$69.99 and the Bear with Salmon (5.75" bottom), \$39.99. ROM Store, rom.on.ca.



Light up your life with the call of the wild and this Kawartha Moose Floor Lamp and its matching 19" Accent Lamp. Canadian Tire, \$59.99 and \$29.99 respectively. Canadiantire.ca.

QUALICUM LANDING

Luxury Beach Homes on Vancouver Island



Qualicum Landing -
The most successful development in Qualicum Beach. A legacy property on over 15 acres of rare walk on waterfront, luxury built homes, unmatched waterfront amenities.
To take advantage of our Early Bird Selection Day prices, register online at:

www.qualicumlanding.com
or call:
604-220-6249

SAVE
\$60,000
EARLY BIRD SELECTION DAY
February 6
Luxury Beach Homes
FROM
\$369,000

Come and see our booth at
HOME EXPO -
Calgary's Home, Renovation & Decor Show
January 15-17, 2010

MOVING? Rent a box!

Cheaper Than Cardboard

Delivery & Pick-up Included

No Building of boxes

No Disposing

Hassle-Free

Tape-Free

ecobox
Intelligent packing solution

403.890.8269



Order ONLINE www.ecobox.ca

BUY before it's TOO LATE! 5 year fixed at 3.99%

Historic low rates could give last chance to first time buyers

- We will lock in the option to get 3.99% rates until April — then you decide if you want to buy
- No cost or obligation
- If rates go up to 5.55 by April you would still have the option of 3.99% (anyone not locked in would pay 5.55%)
- Observe your savings if rates did go up to 5.55% by April (see box)
- Rate option process only takes 10-15 minutes
- Contact Your Mortgage Team Specialist for pre-approval

RATE	MORTGAGE AMOUNT	YEARS AM	PAYMENTS/MONTH
3.99%	\$300,000	35	\$1,321
5.55%	\$300,000	35	\$1,608

Over 5 years that is **\$17,220 in savings!**



Layne Walters

403-466-5363

layne@yourmortgageteam.ca

Rates subject to change. O.A.C.E. & O.E.

Celebrity designer Jimmy Choo is collaborating with Ugg Australia, according to the UK Telegraph. There will be five different styles in multiple colour variations, which will be sold only at Jimmy Choo and Ugg Australia store. **METRO NEWS SERVICES**

Style

EDITOR: ANN-MARIE.COLACINO@METRONWS.CA



Men's penny loafer, \$140.

Strappy boot, \$250.

Peep toe shoe, \$120.

A shoe in at Banana Republic

NEW COLLECTION The list of tempting offerings at Banana Republic just keeps continuing to grow!

Now the chic retailer, known for its tailored women's and men's business and casual wear, is selling shoes at select Canadian stores.

In Calgary, you can find them at the TD Square store.

The spring 2010 line will feature pumps, ballet flats and boots for women as well as men's shoes, all ranging in price from \$89 to \$250. **METRO NEWS SERVICES**

In brief

BUSINESS Canadian high-end retailer Holt Renfrew & Co. Ltd. says it has appointed Mark Derbyshire, former vice-president of human resources at the company, as its new president. Derbyshire will replace outgoing president and CEO Caryn Lerner, who will continue working with Holt Renfrew's parent organization, Wittington Fashion Retail Group.

THE CANADIAN PRESS

Gold-worthy outfits

Vera Wang rates the good, the bad and the ugly in the rink

Designer Vera Wang knows the ins and outs of competitive figure skating outfits because at one time, she wore them.

As a child, Wang had visions of Olympic gold when she did all those early morning workouts at the rink

understanding how his body moves and his particular balance of artistry and athleticism. "You wouldn't

want someone to lose Olympic gold because their sleeve ripped off," Wang says. Other considerations: The outfit has to sparkle like

evening-

wear but function like workout gear; it has to stand up to the considerable wind generated by skaters' speed; and it must be show-stopping from every angle, unlike a Hollywood-starlet gown that is usually photographed straight from the front or back.

"This is more pressure than an Oscar dress in a strange way," she says.

The costume also has to complement the music.

"I have to have the music for a skating costume," she says, "and that's not the way I normally work."

Left: Canadian ladies gold medalist Joannie Rochette's figure skating outfit (worn at the Skate Canada International figure skating competition last year) seems to fit Wang's checklist of what makes a skating outfit successful: Sparkles like eveningwear but functions like workout gear, stands up to wind and is show-stopping from every angle.

Wang, who has a spot in the U.S. Figure Skating Hall of Fame thanks to her costumes, shares some thoughts on some outfits from Olympics past (see sidebar at right for more examples):

- Irina Slutskaya of Russia might have been trying to channel Hamill in her glittery, red dress in Turin, Italy, but Wang says only the dark, short hair captured the former gold medalist's spirit. Slutskaya's jewels are more traditional for a later generation than Hamill, who favoured outfits that were sleeker and understated.

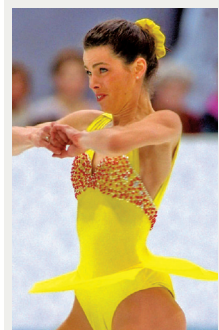
- Italian Carolina Kostner wore a snowflake-covered outfit in 2006 that employed the sheer-illusion look that Wang likes for the ice. "She has a more womanly, mature style but this outfit brings her youth and whimsy," Wang says.

- American Sasha Cohen is a chameleon when it comes to her costumes, the designer says. "You never know what Sasha is up to. ... One minute she's Carmen, the next minute she's Gisele." Wang says Cohen was probably intimately involved in the creation of the ombre-blue dress covered with sequins worn in Salt Lake City in 2002 — she is for all her outfits. Even better than the blue one, Wang says, was the red number with a sunburst-yellow hemline. "That dress was very beautiful."

THE ASSOCIATED PRESS

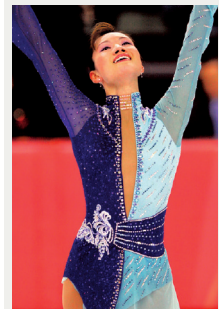
Ice-inspired ensembles:

Designer Vera Wang weighs in on figure skating costumes of Olympics past:



THE ASSOCIATED PRESS PHOTOS

- Nancy Kerrigan wore a neon yellow dress with a pale-pink beaded bustline at the 1994 games in Lillehammer, Norway — and it was one of Wang's favourites because it took Kerrigan out of her usual comfort zone as a sophisticate.



- The midnight-sky blue combo that Shizuka Arakawa of Japan wore in Turin in 2006 "isn't my taste," says Wang. It's a little too showy, but it did make Arakawa look like a risk-taker, which might have been the primary intention all along.

THE ASSOCIATED PRESS

BRIDAL FANTASY™

JAN 17 SUN

The Boutique Bridal Show

TELUS CONVENTION CENTRE

TICKETS \$20

WIN

over

\$100,000

IN PRIZES & GIFTS

Including an incredible 7 day honeymoon to Barbados courtesy of AMA Travel

Plus enter to WIN a new

Volvo C30

courtesy of Volvo of Edmonton

Also Enter to WIN a Full Wedding Planning Package

\$5000

courtesy of Tying the Knot

Fashion Shows 12:30pm & 3:00pm

TICKETS AT www.bridalfantasy.com

Pick Up Your FREE Wedding Planner & Bridal Fantasy Magazine

Mad Men, True Blood among GLAAD media nominees

Mad Men, True Blood and the comedy Modern Family, along with singers Lady Gaga and Adam Lambert, are among the Gay & Lesbian Alliance Against Defamation nominees for its 21st annual Media Awards. **PEOPLE.COM**

19

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

***** A CLASSIC; **** EXCELLENT; *** GOOD; ** FAIR; * POOR

Pallett's new fantasy

Calgary's WoodPigeon releases best album yet

Final Fantasy

Album: Heartland

Label: Domino

Rating: ****

AMBITIOUS ORCHESTRAL pop

from the Toronto-based violinist formerly known as Final Fantasy. Owen Pallett



raised a lot of eyebrows in 2006 when his He Poos Clouds won the inaugural Polaris Prize for top album in Canada. It's chamber pieces weren't exactly accessible, even by indie rock standards. This time around Pallett sets his artistic sights even higher, composing a 12-track narrative focusing on a farmer named Lewis and the fictional world of Spectrum. It would be easy to write much of this off as a load of pretentious cow dung, but the way in which the patterned electronica melds with the tapping percussion and the soaring Czech Symphony Strings on tracks like Lewis Takes Off His Shirt more than make up for some of the obvious quirks of the project. Somehow, Pallett has combined the density of Brian Wilson production with the mathematical precision of a Phillip Glass soundtrack. When it works, it is very good indeed.

Graham Rockingham/for Metro Canada

Vampire Weekend

Album: Contra

Label: XL/Beggars

Rating: ****

IT'S BEEN TWO years

since Vampire Weekend released its debut, and since then the buzz has only grown around this eclectic New York band. And deservedly so. The foursome create smart, multi-textured rock that owes as much to Paul Simon as it does to The Clash. Contra is another thought-provoking effort.

The band fuses Afro-sounds with steel drums and keyboard blips on opener 'Horchata', and once

again channel Graceland-era Simon on 'White Sky'. Another intriguing effort from these Ivy-league globetrotters.

Bryan Borzykowski/for Metro Canada

OK GO

Album: Of The Blue

Colour Of The Sky

Label: EMI

Rating: ****½

YOU PROBABLY KNOW OK

GO from

that ridiculously popular treadmill music video, but these guys know how to do more than just make pleasing YouTube clips. This third effort is a quirky, but infectious smor-



gasbord of crunchy rock, upbeat pop and faux-soul. It's a departure from the band — they've generally stayed close to distorted indie pop — and a good one at that. The Prince-like opener 'WTF' will quickly grow on you, while 'All Is Not Lost's' repetitive chorus is soothing. Although the middle section isn't as strong as the top, it's still a step forward.

Bryan Borzykowski/for Metro Canada

WoodPigeon

Album: Die Stadt Muzikanten

Label: Boomp

Rating: ****

IF THERE'S ANY Canadian band to watch this year it's Calgary's WoodPigeon. The group's third album in

AlbumReviews

music@metronews.ca

three years is the best yet. Like Grizzly Bear, the band — led by Mark Hamilton — deals in soft, delicate tones and rich, layered textures. There's a lot going on here, Empty-Hall Sing-Along's myriad guitars, driving downstrokes and boy-girl harmonies are gorgeous, and Duck Duck Goose's North Pikes-ish sound is a great road trip tune. While that's great, the bonus disc is worth the CD price alone.

Bryan Borzykowski/for Metro Canada



Adams Award

Bryan Adams will receive the 2010 Allan Waters Humanitarian Award at this year's Junos. The Award recognizes an outstanding Canadian artist whose humanitarian contributions. **METRO NEWS SERVICES**



Vampire Weekend creates smart, multi-textured rock on Contra.

QUICK, EASY, INEXPENSIVE

DIVORCE

LOWEST PRICES IN CALGARY From \$399

10 years as family mediators and out of court divorce specialists

Call now 403-808-8311
divorceeasy499@yahoo.ca

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/14/10	267 351 - ACCESS	Alberta Primetime (Live)	(8:01) Private Practice	Grey's Anatomy (HDTV)	Fringe 'Johari Window'	Primetime				
	243 317 3 CFCN	etalk	Access H.	The Mentalist (HDTV) (N)	CSI: Crime Scene Investigat'n	Grey's Anatomy "Blink"	CTV News			
	- 4 OMNI	King/Queens	The Simpsons	Omni News: Asian Edition	Omni News: Cantonese Edition	Two/Half Men	Two/Half Men	Friends		
	- 371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Grey's Anatomy (HDTV)	Grey's Anatomy "Blink"	Private Pract.		
	245 306 6 CBRT	Wheel Fortune	Jeopardy! (N)	The Nature of Things	The Border (N) (DVS)	Bones (HDTV) (N)	CBC News: The National	The Hour		
	244 338 7 CICT	ET Canada	Entertainment	90210 (HDTV)	Bones (HDTV) (N)	The Office	The Office	News Hour		
	246 - 8 CKAL	Law & Order: Special Victims	The Jay Leno Show (N)	Community (N)	Parks/Recreat	30 Rock	30 Rock	Your City		
	119 705 9 CBXTF	Virginie (SC)	Infoman (SC)	Zone doc (HDTV) (N) (SC)	3600 secondes d'extase (SC)	Le Téléjournal Nouvelles (SC)	Le Téléjournal Nouvelles (SC)	TJ Alberta		
	- 10 SHAW	(6) Local Programming				Local Programming				
	- 372 12 KREM	News	Access H.	The Doctors (N)	The Mentalist (HDTV)	CSI: Crime Scene Investigat'n	The Mentalist			
news	- 374 14 KSPS	PBS NewsHour (N)	Upside Down Pangborn	Upside Down Pangborn	Sherlock Holmes Mysteries	MI-5 (HDTV)	Soundstage			
	502 390 15 CBC	CBC News: The National	The Nature of Things	The Nature of Things	CBC News: The National	CBC News: The National	CBC News: The National	Nature/ Things		
	- 370 16 KHQ	News	Millionaire	Jeopardy! (N)	Wheel Fortune	Community (N)	Parks/Recreat	30 Rock	30 Rock	Yan Len Show
	- 373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	Bones (HDTV) (N)	Friends	According/Jim	Family Guy	
	297 652 37 WPX	Supernatural (HDTV)	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Nancy Grace	Showbiz Tonight	The Joy Behar Show	Nancy Grace	Billiards	
	508 400 31 CNN2	The Joy Behar Show	Nancy Grace	Showbiz Tonight	EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One	EarthWatch One
	408 418 27 net	Mrs. Fitness World '09	World Cup Skiing FIS Alpine	Hockey Central	Hockey	SportsCentre	NFL Presents	Billiards		
	410 403 30SCORE	Poker Tour	Hardcore Champ. Fight	NBA Basketball	Cleveland Cavaliers at Utah Jazz (Live)	Sportsnet Connected (N)	MMA Conn	Score Now		
	411 457 44 OLN	Operate-Repo	Operate-Repo	Ghost Hunters	Destination Truth	Operate-Repo	Operate-Repo	Ghost Hunters		
	417 406 48 SPEED	Pinks Outtakes	Jacked!	Wrecked	Wrecked	Pass Time	NASCAR Hub	Pinks - All Out (HDTV)	Pinks Outtakes	
sports	552 543 20 YTV	iCarly	To Be Indie	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557 541 39 FAM	Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School
	555 545 67 TOON	Jimmy Two	Johnny Test	Stoked	Total Drama	Majority Rules	6TEEN	Futurama	King of the Hill	Scanner Darkly
	575 583 11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	UnStable (N)	Star Crossed	Amer. Funniest Home Videos	Reba	
	553 546 17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505 398 19 TWN	(5) EarthWatch One	EarthWatch One	Supernanny	Supernanny	Dine With Me	Love It-List It	Confidential	Confidential	Divine Design
	602 568 23 W	House-Sell	House-Sell	BBQ Pitmasters (HDTV)	BBQ Pitmasters (HDTV)	American Chopper	American Chopper	BBQ Pitmasters (HDTV)	Amer. Chopper	
	521 560 24 TLC	American Chopper (N)	American Chopper (N)	Ac of Cakes	Ac of Cakes	Restaurant Makeover	Restaurant Makeover	Diner, Drive-In	Unwrapped	Extr. Cuisine
	603 561 25 FOOD	Extreme Cuisine, Jeff Corwin	Manhunters	Manhunters	Manhunters	Manhunters	Manhunters	(10:01) The First 48	The First 48	Cra\$h & Burn
	615 520 26 A&E	Trailer Park	Trailer Park	Relic Hunter	Re-Vamped	ET Canada	What Happen?	Real Housewives of Jersey	Housewives	
family	601 562 33 SLICE	Last 10	Last 10	Miss Spider	(7:20) Man With a Gun (1996, Suspense)	All Night Long ** (1981, Comedy)	(10:29) Reality Bites (1994)			
	- 633 34 ENC2	Engineering Volcanoes	MythBusters	MythBusters	MythBusters	MythBusters	MythBusters	MythBusters	MythBusters	MythBusters
	520 505 35 DISC	Banshee ** (2006, Action) Taryn Manning.	The Glimmer Man ** (1996, Action)	Steven Seagal.	Steven Seagal.	Steven Seagal.	Steven Seagal.	Steven Seagal.	Steven Seagal.	Steven Seagal.
	620 523 36 BRAVO	Law & Order: Special Victims	The Glimmer Man ** (1996, Action)	Steven Seagal.	Steven Seagal.	Steven Seagal.	Steven Seagal.	Steven Seagal.	Steven Seagal.	Steven Seagal.
	294 650 40 WPCB	Just for Laughs	Air Force	22 Minutes	The Simpsons	South Park	Demetri Martin	No Love/John		
	- 539 42 TCM	(6) The Bridge on the River Kwai **** (1957, War)	TNA Wrestling (HDTV) (N)	Hobson's Choice *** (1954, Comedy)	Charles Laughton.	MANswers	GameTrailers	CSI: Crime Scn		
	628 584 43 SPIKE	Ancestors	Ancestors	Pawn Stars	Pawn Stars	Ancient Discoveries	Star Trek: Next Gener.	Nostradamus		
	522 516 45 HIST	Crimson Force (2005, Science Fiction) (DVS)	(6) The Fugitive *** (1993, Suspense), Sela Ward	Daylight ** (1996, Action) Sylvester Stallone, Amy Brenneman.	Family Guy	Family Guy	Seinfeld	Seinfeld	70s Show	
	627 528 46 SPACE	(6) The Fugitive *** (1993, Suspense), Sela Ward	Daylight ** (1996, Action) Sylvester Stallone, Amy Brenneman.	Family Guy	Family Guy	Seinfeld	Seinfeld	70s Show		
	- 47 AMC	Planet Soap	Comeback	Reality	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters	House Hunters
cable variety	619 525 49 TROP	House-Bryan	Real Renos (N)	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	501 391 52 CTV	CTV News Tonight	Business News	Commodities	Market Call Tonight	Psychic Inc.	Ghostly Enc.	Judging Amy		
	504 508 70 BNN	Squeeze Play	The Closer	Wapos Bay	By the Rapids	Hockey-Czech	Moose TV			
	526 507 92 VIVA	The Closer	Wapos Bay	By the Rapids	Hockey-Czech	Moose TV				
	269 350 93 APTN	World News	News	Sewing Maid	Immortal Yi, So	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahr	Connections
	- 94 QPCC	Christina Aguilera	Entourage	Wild 'n' Out	mmtop10.ca	Mask *** (1985, Biography) Eric Stoltz, Cher, Sam Elliott.				
	571 580 101 MM	My Date With...	Muchmusic Countdown	Jersey Shore (N)	Humanima	Hors série	TVS Le Journal	(9:35) Arte reportage	(10:20) ADN	Brique
	581 566 102 MTV	Envoyé spécial	Geopolitis							
	- 116 TV5									

critics' corner

The Border

Work hits close to home for Kessler (James McGowan) in this new episode when his ex-wife's lover gets on the wrong side of a Mexican drug cartel with murderous intentions. Graham Abbey, Nigel Bennett, Daisy Beaumont, Jonas Cherrick and Grace Park also star in "Refuge." 9 PM on CBRT



The Nature of Things

It's called "A Murder of Crows," but no birds are slain in this episode. It's a fascinating look at the ubiquitous black bird that may be one of the smartest winged creatures on the planet. Biologist John Marzluff presents his research that found crows can actually recognize human faces. One crow species even uses tools — making hooks out of branches to grab bugs. 8 PM on CBRT



Matthew Broderick has given Hollywood bosses the green light to remake his classic movie Ferris Bueller's Day Off, but doesn't want any involvement in it. Studio chiefs are planning to bring the comedy back to the big screen. FEMALEFIRST.CO.UK

Bueller... Bueller... Bueller...

SECOND CUP Buy one coffee, get a second cup on us.

Valid only at participating Second Cup locations from January 14 to January 17, 2010. Buy a medium size brewed coffee and receive a medium size brewed coffee for Free. Offer is limited to one Free medium size brewed coffee with purchase per voucher. Voucher has no cash value and is not valid with any other offer.

2010 movie madness hit list

Wizards, werewolves and warriors, a year of action ahead

Conan's future is still unclear

LATE-NIGHT TV Tonight Show host Conan O'Brien saved his best material this week for his statement that said he wouldn't play ball with NBC's plan to make room for Jay Leno to come back to late night.

By the time O'Brien arrived on stage Tuesday night for his Tonight Show monologue, his remarks about the scheduling debacle took the form of a few swipes at NBC.

"When I was a little boy, I remember watching The Tonight Show With Johnny Carson" and thinking, "Someday, I'm going to host that show for seven months," cracked O'Brien, who took over Tonight from Leno last June.

"Welcome to NBC," he added, "where our new slogan is, 'No longer just screwing up prime time.'"

Leno, of course, has been starring weeknights at 10 p.m. EST in a little-watched show that NBC announced earlier this week will be cancelled.

"As I'm sure you know," Leno told viewers Tuesday in his own monologue, "NBC announced they are pulling the plug on this show Feb. 12. Here's the amazing part: That is the exact date that the Mayan calendar predicted we would go off the air."

While Leno's return to 11:35 p.m. EST seemed definite, O'Brien's future with the network was anything but clear-cut, after he released his statement earlier in the day that abruptly derailed NBC's rush to put its late-night house in order.

THE ASSOCIATED PRESS

Hollywood may find it tough to match 2009's record box-office revenue, but here's a sampling of a dozen movies they hope will get your attention this year.

PERCY JACKSON & THE OLYMPIANS: THE LIGHTNING THIEF A teen demigod who is the son of sea god Poseidon, Percy is falsely suspected of stealing uncle Zeus' lightning bolt, sending him on a quest to find the true culprit. Directed by Chris Columbus who did the first two Harry Potter flicks.

THE WOLFMAN Benicio Del Toro is the hairy beast in this update of the horror classic, playing a black sheep son who returns to his ancestral home in England after his brother is killed and mutilated by a mysterious beast.

THE LAST SONG Contrary to the title, Miley Cyrus does not sing in her latest movie. It's all part of growing up and easing herself and fans beyond her perky Hannah Montana persona. Cyrus is a sullen teen who turns down a scholarship to The Juilliard School and wants nothing to do with music, a reaction against her estranged father (Greg Kinnear), a pianist.

WALL STREET: MONEY NEVER

SLEEPS Is greed still good for Gordon Gekko?

After creating an archetype of the modern robber baron with 1987's Wall Street, director Oliver Stone and Michael Douglas resurrect Gekko in our own messy economic times.

IRON MAN 2 At the end of his first blockbuster about the guy in the gadget-laden metal suit, Robert Downey Jr.'s billionaire ge-

nious Tony Stark proclaims to the world, "I am Iron Man." In the sequel, "we see what the ramifications of that announcement from the first film were," said Jon Favreau, director of the Iron Man films.

SHREK FOREVER AFTER Mike Myers' Shrek meets James Stewart's George Bailey in what's billed as the final big-screen movie about the lovable cartoon ogre.

Like George,



Daniel Radcliffe, Rupert Grint and Emma Watson in Harry Potter

Shrek sees what the world would be like without him, as sneaky wheeler-dealer Rumpelstiltskin cons the ogre into signing away his existence.

PRINCE OF PERSIA: THE SANDS OF TIME The sword-and-sorcery saga casts Gyllenhaal as a street urchin adopted into a royal family who discovers a magic dagger of immense power, the weapon coming in handy after he's falsely accused of wrongdoing and goes on the run.

TOY STORY 3 Tom Hanks' Woody the cowboy, Tim Allen's Buzz Lightyear and their plaything partners face abandonment issues in the latest chapter of the franchise that launched the computer-animation age for feature films.

THE LAST AIRBENDER Featuring Slumdog Millionaire star Dev Patel, the film is set in a world where four

nations once lived in harmony, each possessing powers to manipulate one of the elements — air, water, earth and fire — balance maintained by an "avatar" who can control all elements.

INCEPTION Director Christopher Nolan's science-fiction thriller Inception, starring Leonardo DiCaprio, opens in the same summer slot as his Batman blockbuster did in 2008. DiCaprio plays a new kind of corporate raider — a man who uses technology to steal into people's minds and swipe ideas and information that he can sell.

HARRY POTTER AND THE DEATHLY HALLOWS — PART 1 The young wizard's next trick: Sawing his final adventure in half and presenting it as a two-parter. Deathly Hallows sends Harry (Daniel Radcliffe) and pals Hermione (Emma Watson) and Ron (Rupert Grint) in search of the mystical Horcruxes — which they must destroy to pull the plug on evil Voldemort (Ralph Fiennes).

THE ASSOCIATED PRESS

If you treat your boss to a better cup of coffee are you still late?

Use the coupon above to find out.



Jack Bauer reluctantly stopping global destruction, again

TELEVISION Jack Bauer was in a coma at the end of last season's 24, resigned to the death he had cheated countless times before.

Now, as a new day (and eighth season) starts for the round-the-clock Fox thriller, Bauer is nudged awake.

But it's a couple of years later, just after 4 p.m., and Jack has been comfortably dozing on a sofa while he babysits his little granddaughter, who's poking him to get his attention.

Today, life seems peachy for Jack. His doctors have

declared a success his risky treatment for the bioweapon infection that had put him at death's door — surgery ordered against his will by daughter Kim in last season's closing moments.

Now Jack (series star Kiefer Sutherland) looks happy, healthy and almost relaxed. He's content to play the dedicated granddad and rededicate himself to his once-fractious relationship with Kim. He plans to take a job with a private security firm, and say goodbye to saving the



Keiffer Sutherland

world with his counterterrorism hiring-do.

Hope springs eternal,

even for Jack. But there are 24 looming hours in the day this new 24 season will span (with the first four episodes airing Sunday at 9 p.m. and Monday at 8 p.m. EST). And despite his insistence that, "I'm out, I don't work for the government anymore," by 4:22 p.m. on the 24 clock, Jack is pressed back into service.

Maybe he shouldn't have answered that knock at the door.

(Caution: Possible spoilers lie ahead.)

Within the hour, Jack is

escorting a wounded would-be informant and trading gunfire on a downtown Manhattan street.

By 6:25 p.m., he's getting his first severe beating. The fact that just a few scenes later he displays not so much as a bruise doesn't make him any happier to be back in the game.

"I hate this place," he says as he gazes around the headquarters of the Counter-Terrorist Unit.

Unfolding in New York after past seasons set in Washington and Los Ange-

les, 24 initially sticks Jack with saving the life of Omar Hassan, president of the Islamic republic of Kamistan. Hassan (Anil Kapoor, Slumdog Millionaire) is in town for nuclear disarmament talks with U.S. President Allison Taylor (returning Emmy-winner Cherry Jones).

But evil forces are trying to derail this Mideast peace accord.

But despite all the effort expended on action and intrigue, 24 remains heavily character-driven.

THE ASSOCIATED PRESS

Citrus tip

When storing citrus fruit, do not smother it in plastic bags or wrapping. Drops of moisture can form between the wrapping, causing the fruit to mould. **METRO NEWS SERVICES**

Urban Foodie

★★★★ INSPIRED; ★★★★★ VERY GOOD; ★★★ PALATABLE; ★★ HO-HUM; ★ NEVER AGAIN

Caesar's still reigning over steaks

ANDREE LAU

CalgaryUrbanFoodie@gmail.com

Caesar's Steakhouse
512 Fourth Ave. S.W.,
Calgary
(403) 264-1222
caesarssteakhouse.com

Signature Drink:

Caesar

Signature Dish:

Chateaubriand for 2

Rating: ★★★**Dinner & drinks for 2:** \$100

Steakhouses in Calgary are a dime a dozen. But none have Caesar's particular combination of dark wood, heavy red leather chairs, mirrored walls, Roman columns and a grill shaped like an Olympic torch.

Caesar's elegant staff (I've never seen waitresses) — some look like they may have started with the restaurant when it opened in 1972 — are also unequalled in tuxedos and white dinner jackets.

On the web

- Get recipes and more great food content at metronews.ca/recipes

Few things change here. But why would they? You don't mess with success.

Escargot (\$12.95), served in shells, and scampi (\$13.95), slathered in garlic butter, are worthy starters.

Caesar's is the place to go for steaks (Sterling Sil-

ver and AAA Alberta beef), charbroiled to order over the grill which you can see through a glass wall. My favourite cut, the ribeye, (\$35.95 for 10 oz.) is juicy and well-marbled.

Steak Diane (\$46.95) is flambéed table-side with a mushroom brandy sauce. Despite being pan-fried, the filet mignon remained tender and rare.

All entrées come with cheese toast and garlic toast, tossed salad,



The ribeye steak (\$35.95 for 10 oz.)

caramelized onion soup (salty!), and a choice of stuffed or baked potato, fries, or rice.

Despite its name, the cocktail was not invented here, but Caesar's does make a mean Caesar.

Dining out

THE MAIN DISH

Enjoy a four-course gourmet meal with wine pairings (\$80/person) at The Main Dish (903 General Ave. N.E.) on Jan. 23.

COLORS CAFE

Families and flapjack-lovers can check out the pancake bar (adults \$10.95, children \$8.95) at Colors Cafe at the Sheraton Cavalier (2620 32nd Ave. N.E.) on weekends.

Global Peasant blog online

- Diane Thompson is always in hot pursuit of something good to eat. Share her enthusiasm for food as she travels and experiments with a new recipe every week in her Global Peasant blog. In it, she explores a variety of culinary interests accompanied by mouthwatering images.

- Check out metronews.ca/globalpeasant to explore Vietnamese cuisine.

**In brief**

CLASSES The Cookbook Co. Cooks (722 11th Ave. S.W.) has a new lineup of classes for 2010. Instructor Valerie Andrews teaches you delicious and simple vegetable-based dishes in a class Jan. 21 (\$85), while chefs Pierre Lamielle and Kevin Kent go full-fat with You Only Live Once on Jan. 26 (\$90). They'll be demonstrating how to make a heart-attack sandwich with bone marrow, and lobster crème brûlée.

JUGO JUICE

{ CRAVIN' A LITTLE
HOLIDAY CHEER? }

CRAVIN' CRANBERRY

NEW!

HOLIDAY FEATURE SMOOTHIE
A REFRESHING BLEND OF STRAWBERRIES,
BLUEBERRIES & CRANBERRY JUICE.

jugojuice.com

*AVAILABLE AT PARTICIPATING CALGARY JUGO JUICE LOCATIONS FOR A LIMITED TIME.



Chuck fans, rejoice! Zachary Levi is a single man. The TV star broke up with singer Caitlin Crosby after a two-year-relationship, Usmagazine.com reports. **METRO NEWS SERVICES**

Celebrity Buzz

'The best (plastic) me'

MY BODY'S NOBODY'S BODY BUT MINE ... AND MY SURGEON'S At just 23 years old, The Hills star Heidi Montag decided to go under the knife for a second time and have a staggering 10 plastic-surgery procedures in one day, people.com reports.

"For the past three years, I've thought about what to have done," the reality star tells People.

"I'm beyond obsessed." And so, on Nov. 20, Mon-

tag's total transformation began.

Keeping even her family in the dark, the starlet chronicled every painful moment of recovery and her journey to become "the best me."

What surgeries Montag, who is married to Spencer Pratt, had have not been revealed, however they reportedly include breast augmentation, chin reduction and a nose job.

METRO NEWS SERVICES



And then there was one

HE MUST BE SO LONELY Two of Hugh Hefner's three girlfriends — 20-year-old twins Kristina and Karissa Shannon — are moving out of the mansion, usmagazine.com reports.

The Playboy founder, 83, tells E! News that his relationship with girlfriend Crystal Harris, 23, has been getting "more serious" and that the twins have expressed a lot of interest in doing more Playmate-related promotional

work for the company. So they're moving into the neighbouring Playmate House.

"They've been hanging out with a lot of the other Playmates and they see these girls traveling across the country to do promotion," he says.

"They would like to be doing that, too."

The move — which Hefner stressed will not affect their E! Show

Girls Next Door — will take place within the next couple of weeks.

METRO NEWS SERVICES



Jennifer Love Hewitt is not a fruit salad

IT'S APPLES AND ORANGES ... AND PEARS Jennifer Love Hewitt — who was famously mocked for looking fuller-figured in a bikini in 2007 — says she almost dumped her boyfriend Jamie Kennedy when he called her "pear ass," usmagazine.com reports.

"We had a rough patch in the beginning because

the first time we went on vacation, I was going to be in a bikini, and I was very nervous," she said

Tuesday on the late-night TBS talk show Lopez Tonight. "I

heard him coming down the hall, so I got in the cute bikini position," she said. "And he goes, 'Hey, my little pear ass.' 'I said, 'I'm sorry, what did you say?'"

Hewitt, 30, then explained to Lopez that the remark wasn't a compliment. "Have you ever seen a pear?" she asked. "It starts thin, it gets fat and it never gets thin again. It's not cute. It's not a cute fruit."

METRO NEWS SERVICES



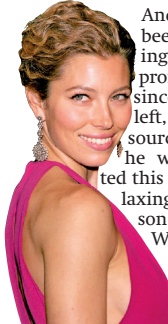
All alone on a mountainside

BETTER NOT TOGETHER While Jessica Biel has been climbing Mt. Kilimanjaro to draw attention to the global water crisis, one thing she hasn't been drawing attention to is that she and Justin Timberlake are very much broken up, according to Hollyscoop.

Timberlake had previously told GQ magazine that he was going with Biel up the mountain, but isn't part of the trip.

And he's been keeping a low profile since Biel left, though sources say he was spotted this week relaxing in Jackson Hole, Wyo.

METRO WORLD NEWS



Won't you be my neighbour?

WOODS WON'T BE BORROWING ANY SUGAR While they may not be living together following his cheating scandal, Tiger Woods and Elin Nordegren are staying close. The Swedish former model is reportedly staying in a rented five-bedroom mansion three miles from

Woods' home in Windermere, Fla., according to the New York Daily News. The \$2.65-million US home is owned by Baltimore Ravens player Derrick Mason and is for sale, property records show.

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

Jim Carrey gets philosophical, **Katy Perry** is having pet issues, **Paula Abdul** wants to get to know you, and **Jordan Knight** has some bad habits to kick.
@JimCarrey R we the consumers or R we the consumed?
@katyperry Kitty, stop hissing at your new boyfriend! Hmmm maybe she's not into dudes!!!!
@PaulaAbdul I feel like you know a bunch about me and I wish I knew you all better. Thank goodness for twitter!
@jordanknight I really need to stop drinking soda for breakfast.....

METRO WORLD NEWS



Poof! No charges!

LEGAL After a two-year investigation, federal prosecutors have dropped a case against magician David Copperfield over claims that he held a former beauty queen captive and sexually assaulted her on his private island in the Bahamas, according to TMZ. No charges

were filed against Copperfield.

METRO WORLD NEWS



Alex and his ladies, new and 'old'

NOT SURE YOU CAN BRAG ABOUT THAT ONE Alex Rodriguez has apparently moved on from ex Kate Hudson and is spending time in South Beach, Fla., with a new blonde named Elaine Spottswood, but he's still hearing from another ex, according to New York magazine.

"Alex and Elaine are seeing a lot of each other and work out together nearly every day. But their relationship is by no means exclusive," a source says. "And he keeps bragging that Madonna is still texting him all the time."

METRO WORLD NEWS



GET A GREAT NEW CAREER IN LESS THAN A YEAR!

DIPLOMA PROGRAMS

HEALTH CARE	Massage Therapy ✂ Medical Office Administrator ✂ Retail Pharmacy Technician ✂ ✂ Medical Administrative Assistant ✂
TECHNOLOGY	Network and Internet Security Specialist ✂ ✂ Help Desk Support Analyst ✂
BUSINESS & LEGAL	Paralegal ✂ Business Administration E-Commerce Management ✂ Accounting and Payroll Administrator ✂ ✂ Professional Legal Assistant ✂ Oil & Gas Administrative Assistant ✂ ✂ Computer Graphic Design ✂ Business Administration Management ✂ ✂

- Financial Aid Available to Qualified Applicants
- Career Services Assistance
- High Graduate Employment Rates
- 10 Campuses in AB
- Classes Filling Fast – Call Now to Reserve a Seat

* Not All Programs Available At All Campuses.

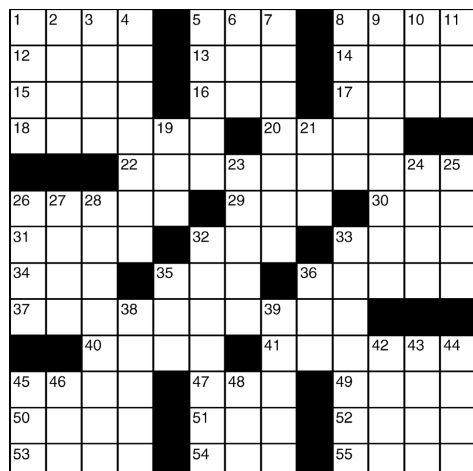
- ✂ Pertains To A Reeves College Program
- ✂ ✂ Pertains To A CDI College Program



Andrew Schultz, Meteorologist – Breakfast Television

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.



ACROSS

- 1 "Deal or No Deal" choice
- 5 Corral
- 8 Caffeinated nut
- 12 Bellow
- 13 Genetics abbr.
- 14 Rhyming tributes
- 15 Boleyn or Bronte
- 16 Doctrine
- 17 Deli loaves
- 18 Mass confusion
- 20 Quite some time
- 22 Hunting time
- 26 Polish
- 29 \$ dispenser
- 30 Leading lady?
- 31 Safecracker
- 32 Honest politician?
- 33 Calendar abbr.
- 34 A Bobbey twin
- 35 Twosome on stage
- 36 Failed to be
- 37 Enigma
- 40 Carte

- 41 14-Across, e.g.
- 45 Settled down
- 47 Support system?
- 49 Its three largest cities start with C
- 50 Faxed
- 51 "— Town"
- 52 Peter, Paul & Mary's genre
- 53 Deck
- 54 Profit
- 55 Release

DOWN

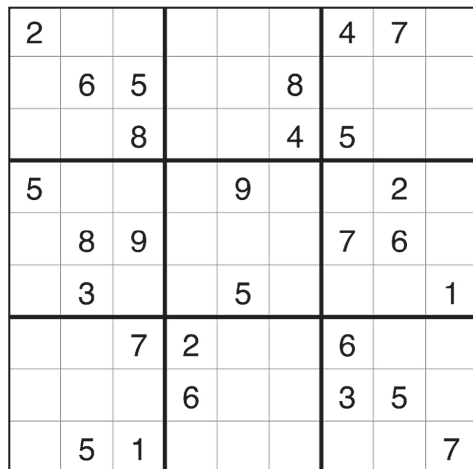
- 1 Grouch
- 2 Top-notch
- 3 Hour-glass fill
- 4 Soon
- 5 Top-rated
- 6 Em halves
- 7 Sanskrit salutation
- 8 "M*A*S*H" setting
- 9 Post-Trojan
- 10 Shelter
- 11 Fool
- 19 Mimic
- 21 Jewel

- 23 Business bigwig
- 24 Microwave, e.g.
- 25 Egg container?
- 26 Harmonization
- 27 Get better
- 28 Shame
- 32 Birders' society
- 33 Leave the ground
- 35 Lair
- 36 Court
- 38 Squabble
- 39 Dizzying designs
- 42 Explorer Heyerdahl
- 43 Anger
- 44 Servitude symbol
- 45 Invite
- 46 Grazing area
- 48 Wish otherwise

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	9	5	6	2	3	7	4	1
6	4	2	7	5	1	3	8	9
3	7	1	8	4	9	5	2	6
4	3	9	5	7	6	8	1	2
1	5	6	2	9	8	4	7	3
7	2	8	1	3	4	9	6	5
5	8	4	3	1	2	6	9	7
2	6	3	9	8	7	1	5	4
9	1	7	4	6	5	2	3	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
If you want a better tomorrow you are going to have to sacrifice something today. Cut out of your life anything that no longer serves a useful purpose.

TAURUS
APRIL 21-MAY 21
Inevitably, you will come into conflict with authority figures today, but principle always beats power in the long-term.

LIBRA
SEPT 23-OCT 23
You need to be aware that not everyone has your interests at heart or wants to see you succeed.

SCORPIO
OCT 24-NOV 22
You want things done your way and if they are not done your way there will be trouble with a capital T.

GEMINI
MAY 22-JUNE 21
Tomorrow's solar eclipse could make you rather emotional and you would be wise to resist the urge to say things that might annoy employees

SAGITTARIUS
NOV 23-DEC 21
You don't change often but when you do you go all the way and tomorrow's eclipse will inspire you to push the boundaries like never before.

CANCER
JUNE 22-JULY 22
The next move you make could be the most important you have made for many months, so take your time and think before you act.

CAPRICORN
DEC 22-JAN 20
The next two or three days promise to be extra special, so dream freely, plan extensively and act as if you cannot possibly fail — and you won't.

LEO
JULY 23-AUG 23
There are major changes taking place in your world. Disruption is inevitable but despair is always optional. Keep smiling.

AQUARIUS
JAN 21-FEB 18
You need to reconcile the opposing forces in your life and bring them together into some sort of balance so you are not constantly being pulled away.

VIRGO
AUG 24-SEPT 22
Others may pour cold water on your aims but only because they are jealous that you are so ambitious and fear that you will eclipse them.

PISCES
FEB 19-MARCH 20
Something will happen today, tomorrow or over the weekend that has a profound effect on your beliefs and opinions.

Take Five

Metro Recipe of the Day



Balti Green Pepper Chicken & Basmati Rice

Submitted by: Diana Dhalwal, Winnipeg, MN

INGREDIENTS:

- 1 Cup of basmati rice
- 2 Cup water
- 1 Teaspoon cumin seeds
- 1/2 Teaspoon salt
- 2 green peppers (can use yellow, orange, or red)
- 2 chicken breast
- 3 Tablespoon olive oil
- 2 Tablespoon patak's balti paste
- 4 sprigs of parsley

METHOD:

1. Using a microwave safe bowl with a lid, put in 1 cup of Basmati rice, 2 cups water, 1 teaspoon cumin seeds and 1/2 teaspoon salt. Put in microwave with the lid slightly open to allow the release of steam for 12 minutes on high. (Rice can also be cooked on the stove according to directions on package.)

2. While the rice is cooking, wash and slice peppers and cut chicken breast into pieces about 1 inch by 1/4 inch.
3. Poor olive oil into large frying pan and stir fry the peppers and chicken until nearly done (a few minutes). Then add 1-2 tablespoons Patak's Balti paste and mix with a little water if necessary. Cook the food on low to meld the flavours. Take out the microwave rice when done and fluff the rice and seeds around with a fork. Put rice in bowls and serve Balti Green Pepper Chicken on top. Garnish with parsley.

SERVES 2-4
PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES



BE THE BIGGEST LOSER
& TAKE THE WEIGHT LOSS CHALLENGE

\$35/12 WEEK CLASSES
Total fee paid out in prizes!

YOU WILL RECEIVE FREE:
Body Analysis, Group Support and more..

Call Marianne 403-474-9880 OR Nya 403-542-7266

Classes start soon
Morning and evening classes available

www.MarianneBotelho.greatshapetoday.com

This day in history

- 1943 – Second World War: Franklin D. Roosevelt becomes the first President of the United States to travel via airplane while in office when he travels from Miami, Fla., to Morocco to meet with Winston Churchill.
- 1952 – NBC's long-running morning news program Today debuts, with host Dave Garroway.
- 1999 – Toronto, Ont., Mayor Mel Lastman becomes the first mayor in Canada to call in the Army to help with emergency medical evacuations and snow removal after more than one meter of snow paralyzes the city.

METRO NEWS SERVICES

CANADA OLYMPIC PARK

ski & snowboard PROGRAMS

YOUTH
Ages 6-12 • 13-15

FROM \$50

403.247.5452
www.winsportcanada.ca

BRIDAL FANTASY™

JAN 17 SUN

The Boutique Bridal Show

TELUS
CONVENTION CENTRE

Plus enter to WIN a new

Volvo C30

courtesy of

Volvo of Edmonton

This is not a lease

WIN over **\$100,000**
IN PRIZES & GIFTS

Including an incredible
7 day honeymoon to Barbados
courtesy of AMA Travel



Also
Enter to WIN a
Full Wedding Planning Package
valued at
\$5000
courtesy of Tying the Knot

**Pick Up Your FREE Wedding Planner
& Bridal Fantasy Magazine**
*while quantities last

Featured Exhibitors

AMA Travel

An amazing 7 day honeymoon to Barbados
(Valued at over \$5000)

Accentric Salon & Spa
Treatment Facial, Spa Manicure, Spa
Pedicure, Trial & Actual Updo, Trial &
Actual Makeup

Andrew Peter Bradley Photographer
Engagement Photo Session

Be Center of Attention
\$500 Gift Certificate

Bells & Bows Bridal Centre
A Glamorous Wedding Gown \$2500

Ben Rose Wedding Band
Live Music Performance by Ben Rose at
your Private or Public Function

BustLoose.com
Free Private Crawl

Carefree Sounds DJ Service
Ceremony Music Package

Carnmoney Golf Course
A Foursome of Golf & Carts

Daza Photography
Engagement Package

Dean Pictures Weddings
Two Hour Engagement Session includ-
ing Hair, Makeup & Fashion Styling, Plus
One 8 x 10 Print and a High Resolution
Disc of All Images

Deluxe DJ Services
A Slideshow Production

Derks Formal & Menswear
One Free Grooms rental plus three
groomsmen designer tuxedo rentals
(\$1000 value)

Fairmont Palliser Hotel
One-night Romance Package

Fox Creative Design
Three Hour Bride & Groom "Post
Wedding" Session at Unlimited Location
+ Unframed 16x20 Print Retouched Wall
Print

Francesfoto
Full Engagement Session with 40
Digital Negatives

Herbal Magic
Sweetheart Hot Air Balloon Ride for 2

Hi Tech Productions
Four hour wedding dance package
from Hi Tech Productions

Jamaica Tourist Board & Sunset
Resorts
Seven Day Trip to Jamaica's Sunset
Resorts, Valued at over \$2600

JenniferScott Bridal
A custom wedding gown

Reflections Wedding Designs
Wedding Design Blueprint

Sarah Pukin Photography
A Boudoir Package

Shima Studios
Project Blush Photo Session
(On Location) with \$300 product
credit.

Survivor Boot Camp
Two Six-Week, Bride & Groom Passes
(3 Days Per Week)

Tara Whittaker Photography
Tara's "Play Station" interactive
photo station

The Fairmont Hotels & Resorts
(Rocky Mountain Properties)
Two Night B&B Package at the
Fairmont Chateau Lake Louise

Trinity Weddings
Trinity Glamour Package

Tying the Knot
\$5000 Wedding Planning Package

Plus much, much more from all our sponsors

TICKETS AT

www.bridalfantasy.com or at the Door, doors open at 10:30 am

Derks

Global



101.5
energy fm
TODAY'S BEST MUSIC VARIETY

Experience
AMA Travel

Almond
For you. About you.

BARBADOS

WESTJET

vibe 98.5
Calgary's #1 Hit Music Station

tying the knot